



## **Keep your family healthy. Fight the flu – get your flu shot!**

**Everyone 6 months and older should get a yearly flu shot.**

**Call your primary care provider today to get a flu shot appointment.**

### **What should I do if I get the flu?**

- Stay home and rest
- Drink lots of fluids like water, juice, and tea
- Do not give your child or teen aspirin if they have flu symptoms
- Call your provider if you are worried about your flu symptoms

### **Take these steps to protect you and others:**

- Wash your hands and help your child wash their hands
- Cover your mouth and nose with a tissue if you cough or sneeze, or use the inside of your elbow
- Avoid touching your eyes, nose and mouth – germs spread this way
- Avoid close contact with people who are sick

If you have questions, call Member Services at (800) 863-4155  
Monday – Friday, 8 a.m. to 5 p.m. TTY users can call the  
California Relay Service at (800) 735-2929 or call 711.

**The flu shot is a covered PHC benefit.**