

# PROTECT YOURSELF AGAINST INFLUENZA!

Influenza or flu is a contagious respiratory disease caused by a group of viruses that affect the nose, throat and in some cases the lungs. This viral infection can cause mild to severe illness and can sometimes lead to death.



## SYMPTOMS:

Influenza is different from the common cold. It usually starts suddenly, with several of the following symptoms:



Fever or chills



Cough



Sore throat



Runny or stuffy nose



Muscle or body pain



Headache



Fatigue (tiredness)



Vomiting and diarrhea



## PREVENTION:

- **Get vaccinated.** The best way to protect yourself is to get vaccinated, each season, as soon the new vaccine is available. Anyone over 6-month-old, pregnant women, people with chronic conditions, and people over 65 years old should receive the vaccine.
- **Cover your nose and mouth with a napkin when coughing and sneezing and throw it in the trash after using it.**
- **Wash your hands with soap and water for 20 seconds.** If soap and water are not available, use alcohol-based hand sanitizer.
- **Avoid contact with sick people.**
- **Stay at home if you're sick.**
- **Take your medicine as prescribed by your doctor.** Your doctor may prescribe antiviral medicine to treat influenza.



**IF YOU HAVE DIFFICULTY BREATHING, CHEST PAIN, CONSTANT DIZZINESS, OR SEIZURE, VISIT AN EMERGENCY ROOM IMMEDIATELY.**

For guidance and assistance, call the  
**PSM Beneficiary Service**  
**1-866-600-4753 / 1-844-726-3345 TTY** (hearing impaired)  
This call is free of charge.

[www.MenonitaVital.com](http://www.MenonitaVital.com)

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