



Prevent + Protect

It's important to ask your doctor about whether you should get a vaccination when they become available, and follow these tips, based on the Centers for Disease Control recommendations.

Top 5 ways to protect against Swine Flu

1. Always rely on the CDC and your doctor.

For the latest detailed information keep checking at: www.cdc.gov/h1n1.

2. Get vaccinated if you're in a first priority, high-risk group such as pregnant women and those with chronic medical conditions, like asthma, heart disease and diabetes.

3. Be alert to symptoms, including: cough, sore throat, body aches, runny or stuffy nose, headache, chills and fatigue. You may also have a fever, diarrhea and vomiting. If you have symptoms, inform your doctor and employer (who may send you home). The current swine flu lasts about three to five days.

4. Cough or sneeze into your elbow.

The CDC offers it as a good substitute to cover your nose and mouth and stop the spread if you do not have a tissue. Wash your hands often, don't touch your nose, mouth or eyes, and use alcohol-based hand sanitizers often.

5. Don't go into work if you have symptoms.

Stay home until symptom-free (including not having a fever) for 24 hours before returning to work. Follow the advice of your doctor and public health organizations, and follow your company policy.

The Benefits of Health Advocate Membership

The healthcare help benefit paid for by your organization.

- Locate doctors, specialists and hospitals
- Schedule the earliest appointments
- Clarify treatment recommendations
- Locate second opinions
- Address coverage issues, negotiate medical bills

...and more. Just Call.

