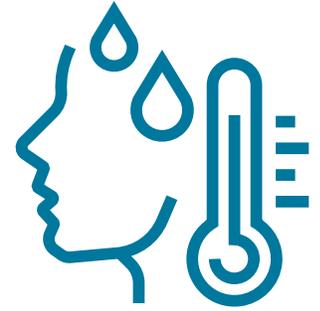


# Let's work together to keep the flu out of the workplace.



This time of year, colds and the flu circulate rapidly between groups of people—especially in places like schools and offices. Help prevent illnesses coming home with you—or from sharing any viruses with your coworkers—by following these healthy habits.



## Get your yearly flu shot.

The best way to prevent the flu is to get each year's vaccine. Visit your primary care provider to learn more.



## Cover your mouth and nose.

Flu viruses are spread mainly by droplets when people cough, sneeze, or talk. Use a tissue if you need to cough or sneeze to help prevent spreading illnesses.



## If you're sick, stay home.

Whenever possible, stay home from work, school, or errands when you're sick to prevent spreading viruses to others.



## Avoid close contact.

If others are sick, keep your distance. If you're sick, do your best to not get too close in order to prevent spreading illnesses to other people.



## Wash your hands thoroughly.

Washing your hands with soap and water is the best way to prevent the spread of germs. If those are not available, use an alcohol-based hand sanitizer.



## Practice other healthy habits.

Stay physically active, get plenty of sleep, drink fluids, and eat nutritious food to keep your body as healthy as possible. Disinfect frequently touched areas around your home or office, especially during cold and flu season.

Your health is valuable. When you're not feeling well, you deserve experienced care to help you get back to feeling better. Whether you're getting your yearly flu shot or scheduling a sick visit with your primary care provider, the team at Dignity Health is here to help.

Learn more and schedule a visit at [DignityHealth.org/Bakersfield](https://DignityHealth.org/Bakersfield).