

A weekly resource
for *your* well-being

PARTNERS
FOR HEALTH

WORKING
FOR A
HEALTHIER TN

A TIP FOR TENNESSEANS

October 18, 2016

Take a shot at flu prevention.

When is a good time to start thinking about flu season? Anytime. And especially right now as fall and winter approach and the flu virus peaks. Getting your yearly flu shot can get you through the season and help you:

- Stay well and safe
- Avoid spreading the flu to others
- Keep the flu from worsening a condition like diabetes or a heart or lung issue
- Avoid taking sick days from work or school
- Prevent severe illness and hospital visits

Sometimes it is hard to know if those aches or runny nose are part of a cold or the flu. [Read this article](#) to learn more about the symptoms of each and when the flu can be an emergency. Also, read about the [top way to prevent spreading germs](#) that could cause the flu.



**GET YOUR FREE
FLU SHOT THIS
YEAR.**

[Read this flu flier](#) for more information about flu shots and where you can get one this season.



QUICK LINKS

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