

Fight the Flu.

Protect yourself and prevent the spread of the flu at work.

Get Vaccinated

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

Prevent the Flu from Spreading

- Avoid close contact
- Stay home when you are sick
- Cover your mouth and nose
- Cover your cough
- Wash your hands
- Avoid touching your eyes, nose or mouth



Visit [anthem.com](https://www.anthem.com) to find more information on preventing or managing colds and flu.