COVID-19 + flu:
Don’t take a risk with your health

Unlike the seasonal flu, there’s no vaccination for COVID-19. But that doesn’t mean you can’t protect yourself. Here are some simple steps you can take to avoid the flu, COVID-19 and other seasonal and contagious viral illnesses.

**Fight the virus**
- Get a flu vaccine
- Wash your hands frequently for at least 20 seconds
- Clean germy surfaces, including mobile phones
- Cough and sneeze into a tissue, then throw it away
- Avoid touching your eyes, nose and mouth
- Stay home when you’re sick
- Use your annual leave entitlement to help keep yourself mentally and physically fit and well

**Boost your immune system**
- Eat a balanced diet
- Get plenty of sleep
- Exercise most days when you’re healthy
- Address chronic stress
- Stop smoking
- Drink alcohol only in moderation

**Have questions?**
- Ask your plan sponsor/employer about your policy cover and well-being benefit
- Make a doctor’s appointment via vHealth (for those eligible)
- Find an in-network clinic or hospital via the Health Hub
- Speak to a CARE team clinician for advice via the Health Hub or by calling us at the number on the back of your member ID card.

**Learn more**
- Discover how to help keep yourself and those around you healthy this flu season. Visit Aetna International’s ‘COVID-19 resources’.
- Follow Aetna International on social media:
  - LinkedIn
  - Twitter
  - Facebook

Be a flu fighter. Protect yourself, protect others.


**Health Hub:** [https://www.aetnainternational.com/members/login.do](https://www.aetnainternational.com/members/login.do)

*For those eligible*