

# Fight the flu this fall!

Tips to stay healthy this flu season.

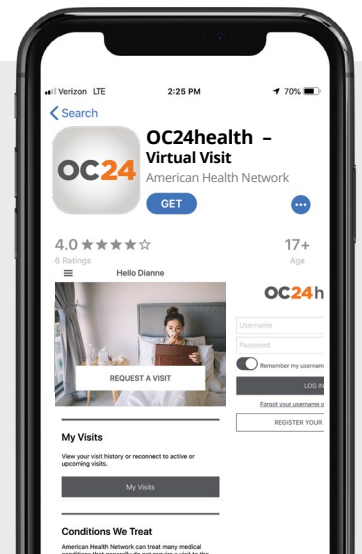


**OC24**health is here for you.

Whether you're stuck indoors or gathering with family and friends for the holidays, the flu can quickly ruin the season. These three tips can help protect you and your family during the flu-and-festivities season:

1. Get a flu shot
2. Wash your hands often
3. Avoid sick people

**If you do experience flu symptoms – fever; nausea; body aches and extreme tiredness – remember you have access to OC24health for quality care when you need it most.**



 [OC24health.com](https://www.OC24health.com) |  Download the app |  855.617.2116

## Use your account to:

- Talk to a doctor/provider 24/7, anytime, anywhere.
- Get a diagnosis of your symptoms, treatment plan, and a prescription when needed.
- Download the app and enjoy the convenience of quality care on the go.



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**If you or a covered dependent has a fever, cough or shortness of breath, call your doctor right away or video chat with one of our doctors or providers 24/7 through the OC24 app.**

**Staying informed can keep our communities safe. For the most up-to-date information about COVID-19, visit the Centers for Disease Control and Prevention (CDC) website at [www.cdc.gov](https://www.cdc.gov).**