



Are You Prepared?

Flu Season

As cooler weather approaches, flu season increases the risk of illness across households. Even healthy adults can be sidelined for days, while the flu can lead to serious complications for young children, older adults and people with chronic health conditions. Taking a few proactive steps now can help prevent flu outbreaks this season.

How to Prepare for Flu Season



Get vaccinated early.

The flu vaccine takes about two weeks to become fully effective, so schedule your shot before flu activity peaks.



Stock essential supplies.

Keep tissues, hand sanitizer and disinfectant wipes readily available.



Boost immune health.

Focus on sleep, balanced nutrition and hydration. These habits can strengthen your body's natural defenses.



Plan ahead. Identify local health care providers or clinics that offer same-day flu testing or treatment options.

How to Prevent Spreading the Flu

Stay home when sick. Avoid close contact with others until at least 24 hours after a fever is gone without medication.

Cover coughs and sneezes. Use a tissue or elbow, not your hands, and discard tissues immediately.

Clean high-touch surfaces. Regularly disinfect doorknobs, phones, keyboards and shared spaces.

Practice good hygiene. Wash hands frequently with soap and water for at least 20 seconds, especially after coughing, sneezing or using public spaces.

Be mindful in gatherings. Maintain distance where possible and consider wearing a mask in crowded indoor environments during peak flu activity.

Contact us for additional risk management guidance and resources.

Provided by The Glienke Agency, LLC

This infographic newsletter is intended for informational use only and should not be construed as legal or medical advice.
© 2025 Zywave, Inc. All rights reserved.

