

## Beating the flu blues, or even better, keeping the flu at bay

We've all come down with the dreaded flu. Fevers, chills, aches and pains, congestion, a runny nose, sneezing and coughing – it's the worst. We'd love it if you never got the flu, so here are a few tips for keeping healthy and preventing it. If you do catch the flu, we've also listed a few things you could do to keep the flu blues away and help you get better faster.

### **You and your family can do many things to keep healthy...**

Maintaining a strong and healthy immune system is key to keeping the flu away and there's plenty you can do to help your body. It's important to stay hydrated and eat healthy foods so your body has all the vitamins and nutrients it needs. Drinking lots of water helps your body to flush out your system.

Getting enough rest and sleep will help to keep your stress levels down, so you have a relaxed mind and your body has more energy to ward off illnesses. Regular exercise helps with oxygen intake, better blood circulation and strengthening your body.

Good hygiene is one of the easiest things you can do to keep illnesses away. Make sure you wash and sanitise your hands often, especially when you're at work and out in public places. Take care to stay away from those who have the flu.

### **... but the flu vaccine is your best shot at not getting ill**

Engen Medical Benefit Fund pays the cost of one seasonal flu vaccination for each person on the benefit fund from the available funds in your Medical Savings Account.

Getting the flu shot can save lives! Tell your family and friends to get vaccinated as well.