

ACT AGAINST THE FLU!

Flu season is coming and the first and a most important preventive measure to protect yourself is to get vaccinated every year. Today, more than ever, it is important to act since coronavirus is around. If you are 65 or older, have chronic conditions or a weakened immune system due to a disease, you are at higher risk for flu complications.

Medicare and Much More is collaborating with Publix Supermarket Pharmacies to provide the flu shot, at no cost to you, and you will receive a \$10.00 Publix Gift Card! You may also get your vaccine at participating pharmacies, such as Walgreens/CVS at no cost to you as well. Other vaccines, including shingles and pneumonia, are also available at little or no cost to you. Consult your doctor for frequency and recommendations for you. For the nearest pharmacy, you may check our website www.mmm-fl.com or call us. You can also check with your primary care doctor.

Getting vaccinated has never been so accessible and rewarding!

For more information, call Medicare and Much More at **1-844-212-9858** and **711** for MMM TTY, **Monday to Friday, from 8:00am to 8:00pm. From October thru December, the hours of operation are Monday to Sunday, from 8:00am to 8:00pm.**

Having good health habits will help prevent the flu and other diseases:



Cover your nose and mouth with a disposable tissue when you cough or sneeze.



CDC recommends rest at home for at least 24 hours after the fever has disappeared.



Wash your hands frequently for at least 20 seconds. If you don't have soap and water, use alcohol-based cleaners.



Clean and disinfect surfaces or objects that may be contaminated with germs.



Avoid close contact with sick people.



Avoid touching your eyes, nose, and mouth. This is the most common way germs enter the body.



If you're sick, limit contact with others.