



## Flu Season

The flu season is upon us and in full swing, so if you haven't already, getting vaccinated against this year's strain can greatly reduce your chances of getting sick! If you already have gotten the flu shot this year, or you caught a cold anyway, don't despair: You can take care of yourself with plenty of rest and fluids. For those still interested in getting flu shot, check the following links from the Centers for Disease Control and Prevention (CDC) about where and how to get one:

- Visit the CDC's home page about the current 2017-18 flu season: <https://www.cdc.gov/flu/about/season/current.htm>
- This article provides detailed information about the flu vaccine: <https://www.cdc.gov/flu/protect/keyfacts.htm>
- Here's 2017-18's "Frequently Asked Flu Questions": <https://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm>
- Check out the Vaccine Locator tool to find a place near you: <https://vaccinefinder.org/>

The following articles on the Deer Oaks EAP website may provide some helpful tips on preventing colds and the flu:

- Stopping the Spread of Germs at Home, Work, and School
- Cover Your Cough
- Take Three Steps to Fight the Flu
- Flu Prevention at Work
- Caring for Someone With the Flu
- Test Your Flu I.Q.
- Preventing Seasonal Flu Illness
- The Flu: Symptoms

For more information, visit this website's sections on the Flu, and Children's Flu. Ask your human resources office for the website password for your campus or agency to [log in](#) and read Deer Oaks resources.