

OHIO FLU FACTS



#BuckeyeHealthy

Ohio's flu-related hospital stays
DOUBLED over the last 2 years:

3,558

**2015-2016
FLU SEASON**



8,661

**2016-2017
FLU SEASON**

54%

Percentage of Ohioans who
did not protect themselves
from the flu for the
2016-2017 flu season.

Protect yourself and your family

#1

Flu shots for everyone!

Flu vaccinations are needed annually. Buckeye Health Plan members can receive a **FREE FLU VACCINE** through their doctor, at a CVS Pharmacy or other pharmacies close to them. Members under five or over 50-years-old receive additional rewards for getting a flu shot.



#2

Wash your hands! It's one of the best ways to ward off the flu and other infections.



**Remember:
If you have
the FLU stay
home and
don't share
your germs
with others!**



More ways to stay healthy and happy!

- Get enough sleep
- Exercise
- Avoid Stress
- Cover your coughs and sneezes
- Eat a healthy diet
- Drink plenty of fluids
- Avoid people who are sick



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