

# 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.

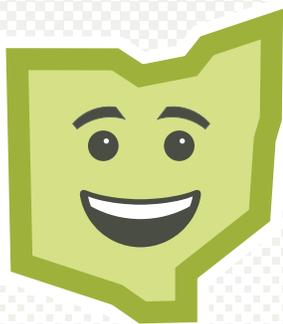


#2

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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