COVID-19 + flu:
Don't take a risk with your health

Unlike the seasonal flu, there's no vaccination for COVID-19. But that doesn't mean you can't protect yourself. Here are some simple steps you can take to avoid the flu, COVID-19 and other seasonal and contagious viral illnesses.

Fight the virus

Get a flu vaccine

Wash your hands frequently for at least 20 seconds

Clean germy surfaces, including mobile phones

Cough and sneeze into a tissue, then throw it away

Avoid touching your eyes, nose and mouth

Stay home when you're sick

Use your annual leave entitlement to help keep yourself mentally and physically fit and well

Boost your immune system

Eat a balanced diet

Get plenty of sleep

Exercise most days when you're healthy

Address chronic stress

Stop smoking

Drink alcohol only in moderation

Have questions?

• Ask your plan sponsor/employer about your policy cover and well-being benefit

• Make a doctor's appointment via vHealth (for those eligible)

• Find an in-network clinic or hospital via the Health Hub

• Speak to a CARE team clinician for advice via the Health Hub or by calling us at the number on the back of your member ID card.

Learn more

Discover how to help keep yourself and those around you healthy this flu season. Visit Aetna International's 'COVID-19 resources'.

Follow Aetna International on social media:

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Be a flu fighter. Protect yourself, protect others.

COVID-19 resources: https://www.aetnainternational.com/en/about-us/explore/remote-working-social-distancing-support-resource.html

Health Hub: https://www.aetnainternational.com/members/login.do

*For those eligible

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