



# STAY INFORMED. STAY PROTECTED.

Four tips to help you through  
flu season during the pandemic.

As you continue taking measures to protect yourselves from the pandemic, it's important to stay vigilant against other illnesses like Influenza, also known as the flu, which can threaten your health and well-being. Stay informed on the things you can do to help protect yourself and your loved ones with these helpful tips and information.



## TIP 1 Get your FLU shot and COVID-19 vaccine.

Vaccines are one of the simplest, most effective things you can do to help prevent and/or reduce the severity of the illness.

Plus, your vaccine may be covered at 100% under your health plan when received in-network.\*



## TIP 2 Keep up the healthy habits.

### All the basics still apply for the flu and COVID-19

- › Avoid close contact with people who are sick.
- › Wash your hands often with soap and warm water for at least 20 seconds.
- › If soap and water are not available, use an alcohol-based hand sanitizer.
- › Cover your nose and mouth with a tissue when you cough, then throw it out.
- › Clean objects and surfaces that may be contaminated.
- › Drink water to stay hydrated.
- › Get enough sleep.
- › Avoid visiting crowded places.
- › Maintain 6 feet between yourself and other people, especially if you do not know the health or vaccination status of the people around you.
- › Wear a face mask when you're in public or around people other than those you live with.



### TIP 3 Be aware of your symptoms and stay calm.

Even though the flu and COVID-19 are caused by different viruses, they are both considered respiratory illnesses. That's why they have many similar symptoms and can sometimes be difficult to tell apart. The important thing is to

try not to assume the worst. Be aware of your symptoms, keep in mind the differences listed below and know that testing is available to confirm a diagnosis, if needed.

COVID-19 and FLU symptoms		
SHARED SYMPTOMS		COVID-19 SYMPTOMS
› Body or muscle aches	› Runny or stuffy nose	› Change or loss of taste or smell › Repeated shaking and chills
› Cough	› Shortness of breath or difficulty breathing	
› Fever	› Vomiting	
› Fatigue	› Diarrhea	
› Sore throat		
› Headache		

For more information about the differences between the flu and COVID-19, visit the [Centers for Disease Control and Prevention website](#).



### TIP 4 When in doubt, call your doctor.

Remember that help is available whenever you need it. Call your doctor if you're unsure or have concerns about your symptoms. If your doctor isn't available, you may have access to Global Telehealth, which allows you to connect

with a doctor via video or phone, 24/7 at no cost to you.\*\*\* Or, you can also call the number on the back of your Cigna ID card and a customer service representative can help connect you with the care you need.

Together, all the way.®



\*Check plan documents for details.

\*\*Similarities and Differences between Flu and COVID-19. CDC. <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>. Updated June 7, 2021. Accessed September 10, 2021.

\*\*\*Contact Cigna Customer Service to confirm if you have this service available. Telehealth services may not be available in all jurisdictions. In general, to be covered by your plan, services must be medically necessary and used for the diagnosis or treatment of a covered condition. Not all prescription drugs are covered and prescriptions are not guaranteed to be written. Providers are solely responsible for any treatment provided and are not affiliated with Cigna. Not all providers have video chat capabilities and video chat may not be available in all areas. Telehealth providers are separate from your health plan's provider network.

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