

# FLU SEASON IS HERE!



Flu season is here, and it's time to take action! Our clinic has the flu vaccine available NOW to help protect you and your loved ones. Here's a quick guide to ensure you're prepared:

## Get Vaccinated Today

Don't wait—schedule your appointment for the flu vaccine today! Protect yourself from influenza by getting vaccinated at our clinic.



## Practice Good Hygiene

Wash your hands regularly with soap and water for at least 20 seconds.

Use hand sanitizer with at least 60% alcohol when soap isn't available.

Avoid touching your face, especially your eyes, nose, and mouth.

## Stay Healthy

- Eat a balanced diet rich in fruits and vegetables.
- Stay hydrated and get plenty of sleep.
- Incorporate regular exercise into your routine.

## Know the Symptoms

### Flu symptoms can include:

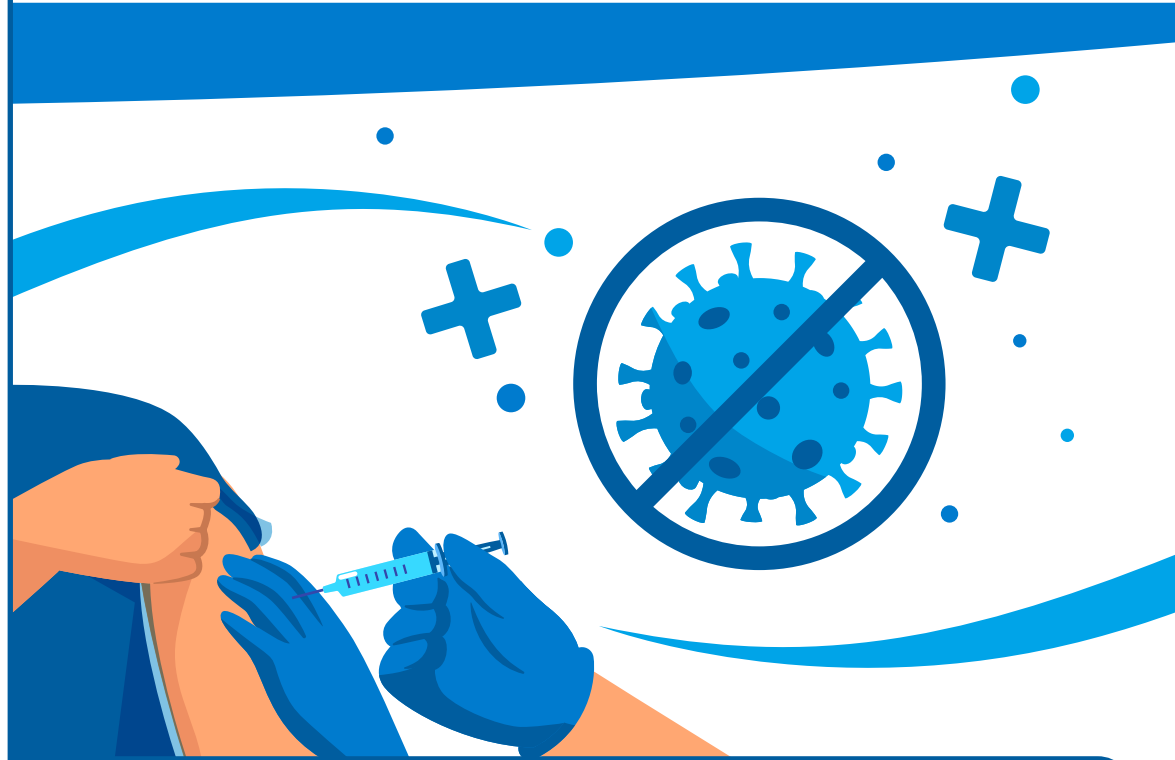
- Fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Fatigue

If you experience these symptoms, consult your healthcare provider.

## Plan Ahead

Stock up on essential supplies: tissues, hand sanitizer, and over-the-counter medications.

Create a care plan for your family in case someone falls ill.



# HEALTHWISE MEDICAL CLINIC

[www.healthwise.clinic](http://www.healthwise.clinic)

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