



Stay healthy all
year long

In December, prevent the spread of cold and flu viruses by joining us for National Hand Washing Awareness Week. Simple habits like regular, thorough hand washing can work wonders in stopping germs.

Do your part by remembering to:

- Cover your mouth and nose with a tissue when coughing or sneezing
- Wash your hands often
- Get a flu shot
- Stay at home when you are sick
- Avoid touching your eyes, nose or mouth

➤ December

Cold & flu

The Moda Registered Nurse Advice Line puts you in touch with a registered nurse 24 hours a day, seven days a week.*

To talk with a nurse, call 866-321-7580. TTY users, please call 711.

♥ *get your health on*

moda
HEALTH