



STAY INFORMED. STAY PROTECTED.

Four tips to help you through
flu season during COVID-19.

We understand that talking about flu and COVID-19 together can seem overwhelming. But by staying informed and focussing on the things we can do to prevent them, we can make it feel a little more manageable.



GET YOUR FLU VACCINE

There may not be a vaccine for COVID-19 yet, but there is one for the flu – and it's one of the simplest, most effective things you can do to help prevent and/or reduce the severity of it.



KEEP UP THE HEALTHY HABITS

HOW TO PREVENT THE FLU AND COVID-19

- › Avoid close contact with people who are sick.
- › Wash your hands often with soap and water for at least 20 seconds.
- › If soap and water are not available, use an alcohol based hand sanitiser.
- › Cover your nose and mouth with a tissue when coughing and bin the tissue immediately after use.
- › Clean objects and surfaces that may be contaminated.

ADDITIONAL ACTIONS TO TAKE DURING THE COVID-19 PANDEMIC:

- › Avoid touching your eyes, nose and mouth.
- › Remain at home if possible.
- › Avoid visiting crowded places.
- › Maintain a distance of 2 metres (6 feet) away from other people.
- › Wear a face mask in combination with other infection prevention and control measures, such as washing your hands often with soap and water, and physical distancing.

Together, all the way.®





BE AWARE OF YOUR SYMPTOMS AND TRY NOT TO ASSUME THE WORST

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.

SHARED COVID-19 & FLU SYMPTOMS**	DIFFERENT COVID-19 SYMPTOMS**
<ul style="list-style-type: none"> › Body or muscle aches › Cough › Diarrhea › Fatigue › Fever › Headache › Runny or stuffy nose › Shortness of breath or difficulty breathing › Sore throat › Vomiting 	<ul style="list-style-type: none"> › Change or loss of taste or smell › Repeated shaking and chills

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



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.

** Similarities and Differences between Flu and COVID-19. CDC. <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>. Updated August 4, 2020. Accessed August 6, 2020.

*** 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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