

# Stay Healthy This Cold and Flu Season!

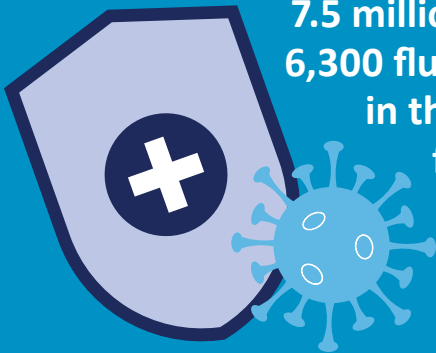
The **common cold** is the top cause of doctor visits in the U.S.



Caused by more than 200 different viruses, colds are **highly contagious.**



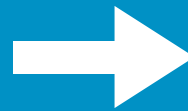
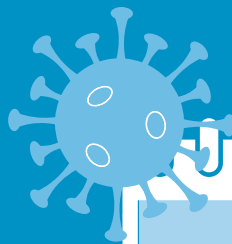
The **flu shot** prevented 7.5 million flu illnesses and 6,300 flu-associated deaths in the 2019 – 2020 flu season.



**Everyone 6 months and older** should get the flu vaccine each year.



Adults get **2 to 4 colds** per year on average, usually between September and May. Children get **6 to 8 colds** per year.



For additional resources or to find a doctor in your area, log in to your health plan's website.



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