

Stay well through flu season

Everybody seems to have a sore throat,
a cough or the sniffles this time of year



The good news? Aetna Better Health® Kids (CHIP) can help you take steps to keep your family well.

What is the flu?

The flu, or influenza, is a contagious viral infection that affects the respiratory system. The flu can cause many symptoms, including fever, cough, sore throat, headache, body aches, tiredness, and a stuffy or runny nose. Children may also experience stomach pain, nausea, or vomiting.

How it spreads

The flu spreads through the air when an infected person coughs, sneezes, or spits. It can also spread through hand-to-eye, hand-to-nose, or hand-to-mouth contact with an infected person or contaminated surfaces.

Prevent the flu and stop the spread

Get the flu shot. The soonest shot is the best shot, since it takes two weeks to “kick in.” But it can be taken any time during flu season, which usually peaks in February and can last until May.

Find a pharmacy

Visit [AetnaBetterHealth.com/pennsylvania/find-provider](https://www.AetnaBetterHealth.com/pennsylvania/find-provider) to find a pharmacy.

Your child's flu shot is no cost to you

When you visit your doctor or pharmacy that accepts Aetna Better Health Kids (CHIP), the shot is covered, and you won't pay anything extra.

AetnaBetterHealthKidsPA.com
1-800-822-2447 (TTY: 711)

PA-25-04-05



Pennsylvania's Children's
Health Insurance Program
We Cover All Kids.



When your child feels sick, we know you feel sad. Here are some tips to help them feel better through cold and flu season.



Limit getting colds

- Get a flu shot every year
- Wash your hands with soap and running water often, or use hand sanitizer that contains at least 60% alcohol
- Stay away from people who are sick so you don't get their germs



Wash your hands

- Before handling food
- After using the toilet, changing a diaper or touching garbage
- Before and after caring for a sick person
- After you cough, blow your nose or sneeze



Recover from feeling sick

- Get lots of rest
- Drink plenty of fluids
- Avoid smoking or secondhand smoke
- Gargle with salt water to ease a sore throat
- Breathe in steam from a bowl of hot water or a shower
- Use over-the-counter medicines to relieve pain or fever (never give aspirin to children)



Visit your doctor

- Call your child's doctor if your child isn't getting any better — or if they get worse
- For an infant, call the doctor if your baby isn't eating, has no tears when they cry or has a fever with a rash

This is general health information and should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs. **Your managed care plan may not cover all your health care expenses. Read your member handbook carefully to determine which health care services are covered. Call Member Services at 1-800-822-2447 (TTY: 711) with questions about your benefits.**

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ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call: 1-800-822-2447 (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-822-2447 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-822-2447 (TTY: 711).