



#BESTME

How to Be Healthy This Fall and Winter

Be considerate and get a flu shot! According to the CDC, getting a flu shot reduces your chances of getting the flu by almost half, making it less likely you will spread it to someone else.

Eat plenty of fruit, vegetables, lean protein, and whole grains. Good nutrition is essential to a strong immune system, which may help protect you from seasonal illness and other health issues.

Stay at least six feet away from people who don't live in your household. The CDC says this distance reduces your risk of getting the virus that causes COVID-19.

Talk to your primary care provider (PCP) and schedule your annual visit. Your PCP's office can tell you which exams, tests, or care you are due for. Make sure you get your flu shot while you're there!

Mask up! The CDC recommends wearing a mask that covers your nose and mouth helps protect you and others from getting sick.

Exercise regularly! AmeriHealth Caritas DC offers gym memberships, virtual fitness classes, and home fitness kits.



English: If you do not speak and/or read English, please call **1-800-408-7511 (TTY 1-800-570-1190)**, available 24 hours a day, seven days a week. A representative will assist you.

Español: Si no habla y/o lee inglés, llame al **1-800-408-7511 (TTY 1-800-570-1190)**, línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

አማርኛ: ኢንግሊዘኛን መናገር እና/ወይም ማንበብ የማይችሉ ከሆኑ፣ እባክዎ በ **1-800-408-7511 (TTY 1-800-570-1190)** ይደውሉ፣ በቀን 24 ሰዓታት፣ በሳምንት ሰዓት ቀናት ይገኛል። ተወካይ ይረዳዎታል።

Tiếng Việt: Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-800-408-7511 (TTY 1-800-570-1190)**, 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.