



Member

SHIPP, LAUREN MICHELLE

Member #	Date of Birth:	Effective Date:
0003663119	11/23/1996	02/01/2023

PCP/PMP: KOTSIS, ANDREW H

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Member Services (888) 898-7969

Note: This printed image does not prove membership nor guarantee coverage. For verification of benefits, please call Member Services at the phone number above.

**One Golden Shore,
Long Beach,
CA - 90802**

This card is valid from 2/16/2023 to 3/18/2023

Tips on Fighting the Flu

The Flu

The flu (or influenza) is caused by a virus. It can be spread through droplets created from a cough, sneeze or just from talking. The flu virus infects your chest and lungs. This is different than the "stomach flu" which is often caused by bacteria and other viruses in your stomach. Illness from the flu can range from mild to severe, and can sometimes cause death. Since the flu is caused by a virus, it cannot be treated with antibiotics. The best way to prevent the flu is to get the flu vaccine (shot) every year.

Preventing the flu

- Wash your hands often. Make sure to scrub for at least 15-20 seconds.
- Keep it covered. Cough or sneeze into a tissue or use your sleeve.
- Avoid touching your nose and mouth. Germs can be spread this way.
- Try to avoid close contact with people who are sick.
- Talk to your children. Teach your children how to prevent spreading germs. They often spread the flu (or colds) to each other at school or while playing.
- Get the flu vaccine (shot). It's important to get the flu vaccine (shot) every year. Ask your provider if the flu vaccine (shot) is right for you.

- Make sure to get any needed exams and vaccines (shots) throughout the year to stay healthy.