IT'S THAT TIME OF THE YEAR

Flu

SEASON IS HERE

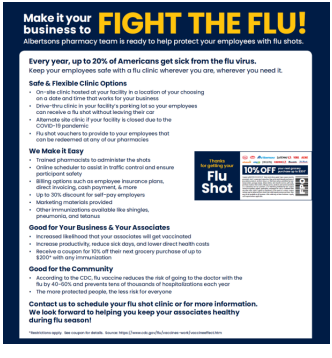
Hello Team Members,

It's that time again, Flu Season is among us and TNG Retail Services wants you to stay safe and remind you to Fight the Flu!

Albertsons Pharmacy is providing a 10% off a grocery purchase if you get your flu shot with them.

Anthem is providing a map to find your nearest pharmacy in your area: Click Here

Depending on your health plan, the flu shot could cost you as little as **$0.**
If you have Medicaid, you may be able to get a ride to the pharmacy at no cost to you.



Keep Our Workplace Safe!

Practice good hygiene

- Stop hand shakes and use **non-contact greeting methods**
- Clean hands at the door and schedule **regular hand washing** reminders
- **Disinfect surfaces** like doorknobs, tables, and desks regularly
- **Avoid touching your face** and cover your coughs and sneezes
- **Increase ventilation** by opening windows or adjusting air conditioning

Limit meetings and non-essential travels

Use **video conferencing** instead of face-to-face meetings

When video calls are not possible, hold your meetings in **well-ventilated rooms and spaces**

Suspend all non-essential travels and trips

Stay home if...

- You are **feeling sick**
- You have a **sick family member** at home

Take care of your emotional and mental well-being

Outbreaks are a stressful and anxious time for everyone. We're here to support you! Reach out to hr@reallygreatsite.com anytime.

SOURCE: CDC.GOV