

## October Word Blank - Stay Healthy

1. Verb - Base Form
2. Noun
3. Noun
4. Noun
5. Noun
6. Noun - Plural
7. Noun - Plural

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Stay Healthy-

One of the best ways you can stay well is to \_\_\_\_\_ Verb - Base Form your hands frequently and stay \_\_\_\_\_ Noun if you are sick. Visit the Group Health website for other tips on wellness during the cold and flu \_\_\_\_\_ Noun: <https://www.ghc.org/healthAndWellness>.

FLU SHOT-Get Your Vaccination

For those employees who have Solid Ground health coverage, flu \_\_\_\_\_ Noun are available at all Group Health Medical Centers clinics and are covered at 100%. Ask for the vaccine during your next appointment, or when you're already in a \_\_\_\_\_ Noun for any other service.

Vaccinations are also available on a walk-in basis between 8:30 a.m. and 5 p.m., Monday through Friday.

Who Should Get a Flu Shot?

The CDC recommends immunization for everyone 6 months and older. Flu vaccination is especially important for high-risk individuals, including children, pregnant \_\_\_\_\_ Noun - Plural, and adults over the age of 50, and those with chronic conditions. Caregivers for high-risk individuals should be vaccinated.

Once you receive your vaccine, it takes about two \_\_\_\_\_ Noun - Plural for it to begin protecting you. The vaccine will give you protection against the flu until it's time for a vaccination next fall.