

October Word Blank - Stay Healthy

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

October Word Blank - Stay Healthy

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 vaccinations are available at all Group Health

Medical Centers _____ Noun - Plural and are covered at 100%. Ask for the vaccine during your next

appointment, or when you're already in a clinic for any other service.

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

_____ Proper Noun.

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 _____ Proper 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.