



cover your bases

A healthy perspective about prevention can keep you in the game.

Be mindful of your well-being by staying up-to-date with your immunizations and other preventive care. You can also keep your immune system strong by eating right, staying active, and getting enough rest. And make sure to get an annual flu shot to keep from being sidelined. Here are some other ways to help you stay well:

Fit in.

Wear the right shoes for your sport or activity to prevent injuries while you're playing or training.

Sun screened.

Choose sunglasses that offer protection from ultraviolet (UV) light to prevent damage to your eyes.

Scrub-a-dub.

Wash your hands and use alcohol-based hand gel to keep from getting and spreading colds and flu.

[learn more](#)

Visit kp.org/prevention, and click "Guidelines for your area" for flu information.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Ohio • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232