

Postcard  
from the  
path...

Old Man's Cave, Hocking Hills, OH / Photo by Trace Hull, DAS

# Avoiding the Flu:

## Good Health Habits Can Help Stop Germs

The **best way to prevent seasonal flu is to get vaccinated each year**, but good health habits (like covering your cough and washing your hands) often can help stop the spread of germs and prevent respiratory illnesses like the flu. Antiviral drugs can also be used to treat and prevent the flu.

### **AVOID CLOSE CONTACT.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

### **STAY HOME WHEN YOU ARE SICK.**

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

### **COVER YOUR MOUTH AND NOSE.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

### **PRACTICE OTHER GOOD HEALTH HABITS.**

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

### **AVOID TOUCHING YOUR EYES, NOSE OR MOUTH.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

### **USE PAPER TOWELS.**

Germs can live for several hours on cloth towels. Alternatively, have separate towels for each family member and provide a clean one for guests.

### **CLEAN YOUR HANDS.**

Washing your hands often will help protect you from germs.

## The Centers for Disease Control (CDC) says "Take 3" Steps To Fight The Flu

These actions will protect against the new H1N1 too! Visit the CDC Web site at:

[cdc.gov/flu/professionals/flugallery/2009-10/pdf/h1n1\\_take3.pdf](http://cdc.gov/flu/professionals/flugallery/2009-10/pdf/h1n1_take3.pdf)  
for preventive information and a free downloadable brochure.



**OhioDAS**

...walking together down a path of  
wellness, through insight and  
information for a healthy workforce.

## What types of FSA's are available to me?

The State of Ohio offers two **Flexible Spending Accounts (FSA)**:

- Health Care Spending Account (HCSA), and
- Dependent Care Spending Account (DCSA).

### HEALTH CARE SPENDING ACCOUNT

The health care spending account (HCSA) is a tax favored account which provides the opportunity for eligible employees to defer up to a maximum of \$3,000 into an account to pay for eligible expenses not paid by their health care plan, vision or dental plan on a pre-tax basis. The myFBMC Card is provided to participating employees. It is a debit card which facilitates payment of eligible health care expenses.

### DEPENDENT CARE SPENDING ACCOUNT

The dependent care spending account (DCSA) is a tax favored account which provides the opportunity for eligible employees to defer up to a maximum of \$5,000 (dependent on tax status) into an account to pay for eligible child care, dependent care, and elder care expenses on a pre-tax basis.

Customer service representatives are available Monday through Friday, 7 am – 10 pm EST at 1.800.342.8017.

## Save \$\$\$: Enroll in a Flexible Spending Account in October

Fall open enrollment will be held Oct. 5 to 30.

Employees who participated in a Flexible Spending Account (FSA) during 2009 must re-enroll to participate in an FSA during the 2010 calendar year.

Enrollment elections will become effective Jan. 1.

If both you and your spouse are permanent state employees, each of you may enroll in an individual Healthcare Spending Account (HCSA) and elect up to \$3,000 each. If both you and your spouse are permanent state employees, each of you may enroll in a Dependent Care Spending Account (DCA); however, the amount for both cannot exceed \$5,000.



**D**o you travel for state business? Travel reimbursement is changing October 1, 2009. To learn more, visit [ohiosharedservices.ohio.gov](http://ohiosharedservices.ohio.gov).



Visit: [das.ohio.gov/FlexibleSpendingAccount](http://das.ohio.gov/FlexibleSpendingAccount) to:

- Complete the Health Care Spending Account calculation worksheet
- Complete the Dependent Care Spending Account calculation worksheet
- Access [myfbmc.com](http://myfbmc.com) to estimate your family's 2010 eligible expenses using the Tax Calculator
- Enroll!

## TOP TEN

### Ways to Avoid the Flu

Here's a Top Ten list of things you can do to make it safely through flu season:

1	Get a flu vaccine
2	Use a tissue to cover sneezes and coughs
3	Wash your hands often
4	Don't touch your eyes, nose, or mouth
5	Avoid contact with sick people
6	Eat well for health
7	Don't forget your vitamins
8	Exercise regularly
9	Don't smoke
10	Get enough sleep

Source: [princeton.edu/hr/worklife/eaptopics/preventflu.pdf](http://princeton.edu/hr/worklife/eaptopics/preventflu.pdf)