

Helpful tips for staying healthy during cold and flu season

The flu season is hitting hard and fast this year. The Center for Disease Control and Prevention is saying that it could be the start of the worst flu season in a decade.

It's not too late to get a flu shot! Flu season runs from October to May, with most cases happening from late December to early March. Getting vaccinated before the flu season is in full force gives the body a chance to build up immunity to - and protection from - the virus.

Visit [AGBenefits.com](https://www.agbenefits.com) for more info on getting through cold and flu season:

- [How to Survive This Years' Cold and Flu Season](#)
- [Taking care of yourself and your pocketbook](#)
- [Where to go to get a free flu shot](#)