



# BENEFITS BULLETIN

Official Publication of the  
Cement Masons and  
Plasterers Health and  
Welfare and Pension Fund

## The flu issue: tips, tricks and H1N1

**Y**ou can reduce your risk of getting seasonal flu this season by taking the time to get a vaccine.

The Centers for Disease Control and Prevention (CDC) offers detailed information about seasonal flu and how to prevent spreading the disease. (For information about H1N1 (swine) flu, please see page 2.)

The seasonal flu vaccine protects against three main flu strains. It can protect you from these three viruses or make your illness milder if you get a different flu virus.

### Protect yourself and others

Getting a flu shot is especially important for children from 6 months through 19 years of age, adults age 50 or older, people with certain chronic conditions (including asthma, diabetes and heart or lung disease) and women who are pregnant or expect to be pregnant during flu season.

People who live with or care for those at high risk should also get a flu vaccine.

Since some people should not get a flu shot, you should talk to your doctor before receiving one — especially if you have health issues.

Common flu symptoms include fever, coughing, sore throat and headache. If you experience more than  
(Please see page 2)



### Proper handwashing

#### With soap and water:

- Wet your hands with warm running water and apply liquid soap or use clean bar soap. Lather well.
- Rub your hands vigorously together for at least 15 to 20 seconds.
- Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse well.

- Dry your hands with a clean or disposable towel.
- Use a towel to turn off the faucet.

#### Using an alcohol-based hand sanitizer:

- Apply about one half teaspoon of the product to the palm of your hand.
- Rub your hands together, covering all surfaces of your hands until they are dry.

**Zenith Administrators, Inc.**  
2250 South Rancho, Suite 295  
Las Vegas, NV 89102

PRSR STD  
U.S. Postage  
**PAID**  
Las Vegas, NV  
Permit No. 438

*Benefits Bulletin* is the quarterly publication of the Cement Masons and Plasterers Health and Welfare and Pension Fund. Each issue will inform Fund participants about new developments and help them make the best use of their medical benefits.