

Don't let a cold stifle summer plans

Ready for a weekend getaway?

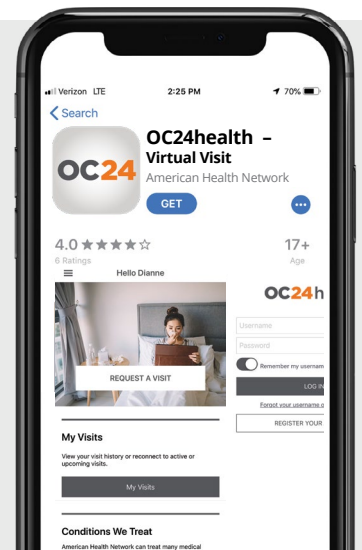


OC24health is here for you.

Here are some helpful tips on how to stay healthy on your getaway.

- Get plenty of sleep
- Walk everywhere you can
- Don't skip breakfast and make healthy eating choices
- Remember your vitamins and any other medications
- Have hand sanitizer handy

If you do end up sick on vacation, remember you have access to OC24health anytime, anywhere!



 [OC24health.com](https://www.OC24health.com) |  Download the app |  855.617.2116

Use your account to:

- Talk to a doctor/provider 24/7, anytime, anywhere.
- Get a diagnosis of your symptoms, treatment plan, and a prescription when needed.
- Download the app and enjoy the convenience of quality care on the go.



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If you or a covered dependent has a fever, cough or shortness of breath, call your doctor right away or video chat with one of our doctors or providers 24/7 through the OC24 app.

Staying informed can keep our communities safe. For the most up-to-date information about COVID-19, visit the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov.