



FLU

&

COVID-19

HOW TO PROTECT YOURSELF & OTHERS

FLU



COVID-19



PREVENTION

- GET THE FLU VACCINE!
- Stay home when sick
- Avoid touching eyes, nose, and mouth
- Wash hands or use hand sanitizer

- Wear a mask in public
- Stay home when sick
- Stay 6 feet apart
- Wash hands or use hand sanitizer

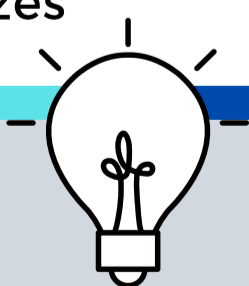
SYMPTOMS

- Symptoms appear suddenly
- Fever or chills
- Cough
- Sore throat
- Headache
- Fatigue/weakness
- Aching muscles
- Congestion or runny nose

- Symptoms appear over time
- Fever or chills
- Cough
- New loss of taste or smell
- Shortness of breath
- Nausea, vomiting, diarrhea
- Aching muscles
- Congestion or runny nose

IF SICK

- Call a healthcare provider if you are concerned or have fever, bad cough, or difficulty breathing
- Symptoms of Flu and COVID-19 may be similar, and you may be advised to have a test
- Stay home and rest, and separate from others as much as possible
- Cover coughs and sneezes
- Wash hands often



Remember, while there is no vaccine for COVID-19, **there is a vaccine for flu.** The best way to prevent getting sick and protect your baby and your loved ones is to get the flu vaccine **each year.** To find out where to get your free flu vaccine, scan the QR code below:

