

# PROTECT YOURSELF. PROTECT YOUR FAMILY.



## GET YOUR FLU SHOT TODAY.

### 1. Get a flu shot every year



It can keep you from getting sick, and even if you do get the flu, your symptoms won't be as bad. It can also prevent you from giving the flu to others.

### 2. Don't spread the flu



Stay away from other people when you are sick. Contact your doctor to ask about getting a test for flu or COVID-19.

### 3. Masks can help stop the spread



Masks can help stop the spread of the flu too. Wear one when you can't stay at least 6 feet away from others. If you cough or sneeze, cover your mouth with your elbow—especially when you aren't wearing a mask. You can also use a tissue. Just don't use your hands!

### 4. Wash your hands



Wash your hands often with soap and warm water. Or use hand sanitizer with at least 60% alcohol.

