

# PROTECT YOUR HEALTH

## GET A FLU SHOT

- A yearly flu shot is the first and most important step in protecting against flu viruses
- Because of COVID-19, getting a flu vaccine this year is more important than ever
- Everyone 6 months of age and older should get a flu shot



## FLU SHOTS ARE CRITICAL FOR:

- Children age 5 and under
- Adults over 65
- Pregnant women
- Anyone with a weakened immune system



## PROTECT YOURSELF AND OTHERS

- Practice good hand hygiene: Wash your hands often with soap and water or use hand sanitizer
- Wear a mask anytime you are around others
- Keep your distance (at least 6 feet) from others
- Cover your coughs and sneezes



## RECOGNIZE SYMPTOMS

- Symptoms can include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, chills, fatigue, vomiting, and diarrhea
- Stay at home if you are sick or not feeling well
- Seek medical care as needed

