

How Will You Avoid the Flu and COVID-19?



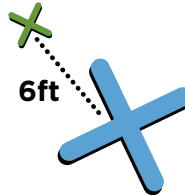
GET YOUR FLU SHOT

to protect yourself, your family, and your co-workers from getting the flu.



WEAR A MASK

Cover your mouth and nose with a mask when around others.



KEEP A SAFE DISTANCE

Put distance between yourself and other people (at least 6 feet).



WASH YOUR HANDS

often with soap and water. Or use alcohol-based hand sanitizer.



CLEAN & DISINFECT

your home, office or work space to stop the spread of germs.



DON'T TOUCH YOUR FACE

to help keep germs out of your body.



GET MOVING

to boost your immune system and speed recovery from illness.



EAT HEALTHY, BALANCED MEALS

and stay hydrated to strengthen your immune system.



GET PLENTY OF REST

to keep your immune system strong.