

# PREVENT GETTING COVID-19 & OR FLU

YOU CAN CATCH BOTH AT THE SAME TIME!

**GET TESTED**  
IF YOU SUSPECT YOU MIGHT HAVE FLU OR COVID-19

★ **FLU VACCINES**  
LOWER YOUR CHANCE OF GETTING THE FLU OR OF GETTING SEVERELY SICK FROM IT

**GET VACCINATED!**  
ESPECIALLY IF YOU ARE OVER 65, LIVING/WORKING IN CARE FACILITIES OR ARE LIVING WITH CHRONIC CONDITIONS, CANCER OR HEART DISEASE

IF YOU HAVE A FEVER OR HAVE HAD AN ALLERGIC REACTION TO THE FLU VACCINE IN THE PAST, YOU SHOULD NOT GET ONE

**PREVENTION IS BETTER THAN TREATMENT**

★ PRACTICE COUGH & SNEEZE ETIQUETTE

★ WEAR MASKS OVER YOUR NOSE AND MOUTH

★ PRACTICE GOOD HAND HYGIENE

★ KEEP YOUR IMMUNE SYSTEM STRONG

GET PLENTY OF SLEEP

EXERCISE

GOOD NUTRITION

★ STAY HOME IF YOU SUSPECT YOU ARE SICK OR HAVE BEEN AROUND SOMEONE WHO IS

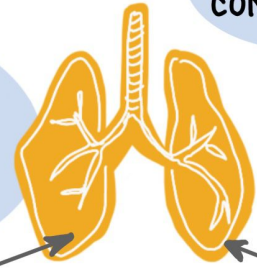
## BOTH VIRUSES

ENTER YOUR BODY THROUGH YOUR EYES, NOSE OR MOUTH.

ATTACK THE LUNGS & CAN CAUSE DEATH, ESPECIALLY FOR THOSE OVER 65, PEOPLE WITH CHRONIC CONDITIONS OR ARE CHILDREN

ARE HIGHLY CONTAGIOUS

CAN HAVE LONG-TERM EFFECTS SUCH AS KIDNEY, LUNG, LIVER & HEART DAMAGE OR DIABETES



### FLU

### SIMILAR SYMPTOMS:

### COVID-19

• COUGH

- FEVER/CHILLS
- HEADACHES
- BODY ACHES/MUSCLE PAIN
- FATIGUE
- VOMITING & DIARRHEA
- SORE THROAT

- DRY COUGH
- HICCUPS
- DIFFICULTY BREATHING
- LOSS OF TASTE
- LOSS OF SMELL

DIFFERENT SYMPTOMS