

Flu & COVID-19: #StopTheSpread

Flu and COVID-19 are both contagious respiratory diseases. Although there may be differences in symptoms and how long you are contagious, the following groups are at high-risk for complications from both flu and COVID-19:

- Older Adults
- Racial & Ethnic Minority Groups
- Those with Certain Chronic Health Conditions

Things you can do to help #StopTheSpread of both flu and COVID-19



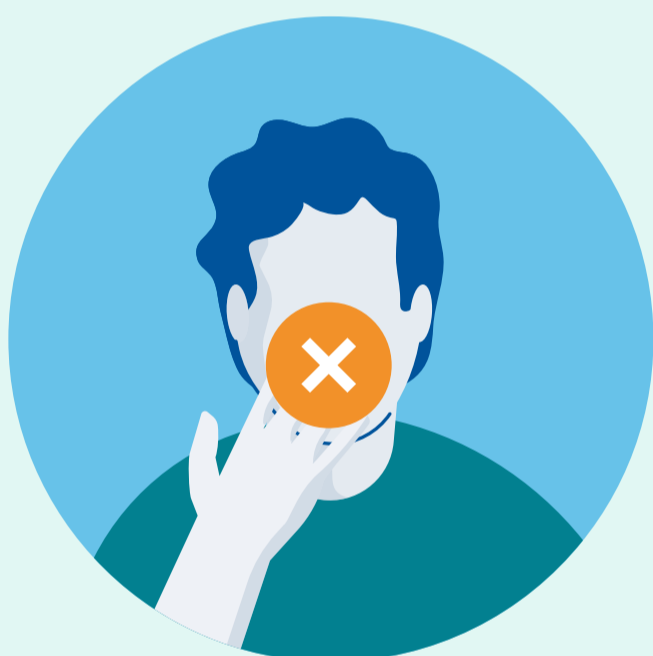
Wear a mask
in public



Practice social distancing
by staying at least 6 feet apart
from others



Wash hands frequently with
soap and water or hand sanitizer



Avoid touching your
eyes, nose, and mouth



Clean and disinfect
frequently touched surfaces



Stay home and avoid contact
with others when sick

THE BEST WAY TO HELP PROTECT AGAINST FLU
IS TO **GET VACCINATED EACH YEAR**

Getting vaccinated against flu can help prevent illness and hospitalization

If you think you have been exposed to COVID-19,
call a healthcare professional right away

For more information about flu and COVID-19,
visit www.nfid.org