**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](http://www.nfid.org)