Flu and COVID-19 are both contagious, vaccine-preventable diseases. The following groups are at higher risk for complications from both diseases:

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

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

- Get vaccinated
- 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
- Stay home and avoid contact with others when sick

The best way to help protect against flu and COVID-19 is to get vaccinated.

Getting vaccinated can help prevent illness, hospitalization, and death.

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