PREVENT GETTING COVID-19 & OR FLU

GET TESTED
If you suspect you might have flu or COVID-19

GET VACCINATED!
Especially if you are over 65, living/working in care facilities or are living with chronic conditions, cancer or heart disease

FLU VACCINES
Lower your chance of getting the flu or of getting severely sick from it

PREVENTION IS BETTER THAN TREATMENT

Enter your body through your eyes, nose or mouth.

Both viruses
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

You can catch both at the same time!

FLU
Similar symptoms:
• COUGH
• FEVER/CHILLS
• HEADACHES
• BODY ACHES/MUSCLEPAIN
• FATIGUE
• VOMITING & DIARRHEA
• SORE THROAT

COVID-19
Different symptoms
• DRY COUGH
• HICCUPS
• DIFFICULTY BREATHING
• LOSS OF TASTE
• LOSS OF SMELL

If you have a fever or have had an allergic reaction to the flu vaccine in the past, you should not get one.