

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

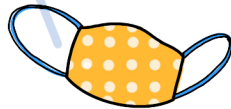
IF YOU HAVE A FEVER
OR HAVE HAD AN
ALLERGIC REACTION
TO THE FLU VACCINE
IN THE PAST, YOU
SHOULD NOT GET ONE

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

EXERCISE



GOOD NUTRITION



SLEEP



★ 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