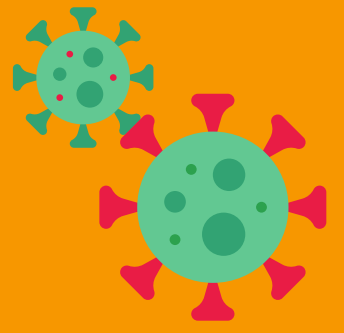


FIGHT FLU AND GET VACCINATED



Protect yourself, your family, and the community by getting a flu shot

Everyone six months of age and older should get a flu vaccine

It is important to get the flu vaccine every year because flu strains change over time.



The flu vaccine is more important than ever this year

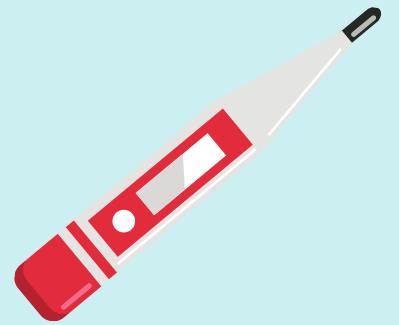
Getting your flu shot can reduce your risk of flu and help save medical resources needed to care for people with COVID-19

Flu and COVID-19 have similar symptoms

Including fever, cough, body aches, chills, and fatigue.

If you think you have the flu, call your doctor to get tested for COVID-19 and flu.

If you get tested, you may have to stay home from work and isolate yourself while you wait for your results.



Where to get a flu shot

Vaccines are available at doctors' offices, and many pharmacies provide free and low-cost flu vaccinations to the public.



Stop the spread of germs

- Wear a face covering
- Cough or sneeze into your elbow, arm, or disposable tissue
- Stay home if you are sick
- Avoid close contact with sick people



- Wash or sanitize your hands often
- Avoid touching your eyes, nose and mouth

For more information, visit www.santacruzhealth.org/flu

