Prepare Now for COVID-19 and Seasonal Flu

Everyone has a role to play to slow the spread of both illnesses:

**Mask Up:** Wear your face covering and maintain a 6 ft. distance

**Lather Up:** Wash your hands for 30 seconds with hot water and soap

**Sleeve Up:** Receive your Flu Vaccine

For more information visit: [www.santacruzhealth.org/flu](http://www.santacruzhealth.org/flu)