# Fight the Flu & *COVID, Too*



COVID SAFE
20 21
LIFEBRIDGE HEALTH

**Protect yourself, your loved ones and your community.**

**Be up to date on your seasonal flu and COVID-19 vaccines**

## Get the Flu Vaccine

· The flu can be deadly.
· It is predicted that the incidence of flu will be higher this year than last due to more social interactions.
· The flu vaccine is safe, and you need a flu vaccine each year.
· It is an effective way to prevent flu illnesses, hospitalizations and deaths.
· You can get sick from the flu and COVID-19 at the same time.

## Everyone Should Get the Flu Vaccine

· **It's important for everyone 6 months and older to get the flu vaccine.**
· If you or someone you care about is an essential worker, at high risk for complications from the flu or at high risk for serious illness from COVID-19, make getting your flu vaccine a high priority.
· Those 12 and older can get their annual flu vaccine at the same time as a COVID-19 vaccine.

## Prevent the Flu and COVID-19

· All flu vaccines will be quadrivalent this year to protect against four different flu viruses.
· Get vaccinated against both flu and COVID-19. Visit vaccines.gov or talk to your doctor or local pharmacist for more information on where to get vaccinated.
· If you are sick, stay home and talk to your healthcare provider about getting tested.
· Remember, the same actions that prevent the spread of COVID-19 prevent the spread of flu:
    · wash your hands or use hand sanitizer with at least 60% alcohol often
    · stay home when sick
    · wear face coverings
    · avoid large groups of people
    · avoid people who are sick
    · stay more than 6 feet from people
· Practice self-care to keep yourself healthy. Eat a healthy diet, stay hydrated, exercise regularly and get plenty of sleep.
  **Talk to your healthcare provider for more information and guidance.**

**Visit cchd.maryland.gov/flu**
for more information about this
flu season and flu and COVID-19.

The Partnership
*for a Healthier Carroll County*
www.HealthyCarroll.org

**Carroll County
Health Department**

**Public Health**
Prevent. Promote. Protect.

**CARROLL
HOSPITAL**
*A LifeBridge Health Center*
Tevis Center for Wellness

**CARE BRAVELY**