

# Fight the Flu, *Fight COVID Too*



Protect yourself, your loved ones and your community  
by getting the flu vaccine each year



## Get the Flu Vaccine

- The flu can be deadly.
- 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 have 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.

## Prevent the Flu and COVID-19

- Get vaccinated.
  - 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](https://cchd.maryland.gov/flu)  
for resources and more  
information about  
flu and COVID-19.



Carroll County  
Health Department



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