



**Staying on top of your health becomes increasingly important as we approach flu season! This year due to COVID-19, it will be even more important than usual.** The flu and COVID-19 share many of the same symptoms and both can be deadly—however, the flu is preventable by vaccine and treatable, and we still await a vaccine and best therapies for COVID-19. All the more reason to get your flu shot!

According to the Centers for Disease Control and Prevention (CDC), everyone age 6 months or older should have an annual flu shot, especially people 65+, and those with chronic conditions and weakened immune systems. **Between September and October is the perfect time to prepare for flu season. The steps below can help you and your family stay as healthy as possible.**

## Measures that prevent COVID-19 also help prevent the flu!



**Wash your hands** often with soap and water for at least 20 seconds. If you can't wash your hands, use hand sanitizer that contains at least 60% alcohol.



**Practice social distancing** by staying at least 6 feet away from people who are not in your household.



**Follow mask mandates.** Put your mask on with clean hands, wash reusable masks and throw out disposable masks after each use.



**Avoid touching your face.** You are at increased risk of infection if you touch your eyes, nose or mouth with unwashed hands.

**Source:** CDC. Flu Season 2020.  
<https://www.cdc.gov/flu/season/index.html>

- 1. In addition to the flu shot, check with your doctor** to see which vaccines you and your family members need now.
- 2. Schedule vaccinations** wherever it is most convenient and cost effective, whether it be a doctor's office or pharmacy.
- 3. Attend your appointment and get vaccinated!**
- 4. Keep a record of your vaccinations.** This way you'll always know if you're up-to-date! **Click here** for an example of a record.



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