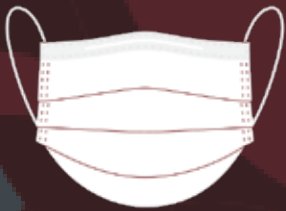


# PREVENT SEASONAL FLU AND COVID-19

COVID-19 and its variants continue to circulate alongside seasonal flu, but taking simple precautions can protect yourself and others:



Wear a mask indoors, especially when it is difficult to physically distance



When wearing a mask, ensure your nose, mouth and chin are covered



Get your COVID-19 and flu information from reliable sources



Get your COVID-19 and flu vaccines and boosters



Pay attention to Public Health alerts and warnings in your community