

Flu and COVID-19

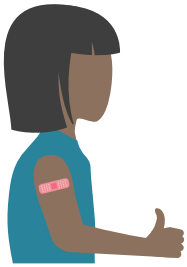
Protect your health this season



This flu season, COVID-19 is still out there.

Get a flu shot. Get COVID-19 vaccine. Keep up your healthy habits. Protect against these serious respiratory illnesses.

It's more important than ever to get a flu shot.



Everyone 6 months or older should get a flu shot every year.

- It can stop you from getting the flu.
- If you do get sick with the flu, your illness will be milder and shorter.
- It protects you and those around you all season.

Flu and COVID-19 share many symptoms.

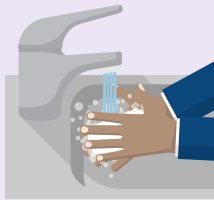
- Cough.
- Fever.
- Sore throat.
- Body aches.

If you feel sick, stay home.

Call a healthcare provider to find out what to do next. Only medical tests can tell if you have flu or COVID-19.



Healthy habits fight the flu and COVID-19.



Wash your hands often with soap and water for at least 20 seconds.



Cover your coughs and sneezes with a tissue or your elbow.



Stay home when you're sick and call a healthcare provider.



Wear a mask. Stay 6 feet away from people you don't live with.



Those at high risk for severe illness should closely monitor their health.

- Children younger than 5 (especially younger than 2).
- Adults 65 or older.
- Pregnant people.
- People living with a chronic health condition like asthma, diabetes or heart disease.

Get vaccinated.

You can get a flu shot and COVID-19 vaccine on the same day. Visit tpchd.org/flu to find a pharmacy or clinic near you.



Protect your health and our healthcare system.

COVID-19 strained our hospitals. A bad flu season could overwhelm them. You've become an expert at fighting COVID-19. Now it's time to fight the flu, too!

**Let's fight the flu, too,
Pierce County!**

Learn more at tpchd.org/flu.



Tacoma-Pierce County
Health Department
Healthy People in Healthy Communities