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.

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.

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.

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.

Let’s fight the flu, too, Pierce County!
Learn more at tpchd.org/flu.