

# Fight Flu & COVID-19 at Home and School

The flu and COVID-19 spread easily and can make people very sick. You can help prevent the spread!

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## Get the flu vaccine for you and your child every year!

- It helps make flu sickness milder or prevents it all together.
- It is recommended for everyone 6 months and older.
- It eliminates some of the same symptoms of COVID-19.
- See your primary care provider or local pharmacist.

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## Stay home if you are sick!

Alert your school nurse and check on the most up-to-date return to school guidance after any illness.

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## Stop the spread:

- Wash hands often with soap and warm water for at least 20 seconds.
- Cough and sneeze into your elbow NOT your hands.
- Wear a mask when in public and around others not in your household.
- Social Distance – keep at least 6 ft between yourself and others.

If you have questions call your health care provider.



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