

# STOP



## THE SPREAD OF THE **FLU** AND **COVID-19**

**This year, it's especially important to help keep our communities healthy.**

### **PROTECT YOURSELF AND THOSE AROUND YOU.**

- + Get your flu shot. Protect yourself, your family and community from getting and spreading the flu.
- + Wash your hands often with soap and water or use a hand sanitizer.
- + Cough and sneeze into a tissue or the bend of your arm.
- + Avoid touching your face with unwashed hands.
- + Clean and disinfect frequently touched surfaces and objects.
- + Keep practicing physical distancing.
  - > Wear a mask or face covering if you cannot physical distance.
- + Stay home and away from others if you're feeling ill.

**It can be hard to tell the difference between symptoms of the flu and COVID-19.** If you have symptoms, isolate yourself from others, and call your healthcare provider or local public health.

**TO LEARN MORE VISIT [CANADA.CA/FLU](https://canada.ca/flu) AND [CANADA.CA/CORONAVIRUS](https://canada.ca/coronavirus)**



Public Health  
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