Employing multiple public health measures at once helps protect you and your community from the flu and COVID-19.

+ Get vaccinated against both the flu and COVID-19.
+ Stay home and away from others if you feel sick.
+ Improve ventilation in indoor and shared spaces.
+ Wash your hands often with soap and water.
  Use hand sanitizer if soap and water aren’t available.
+ Wash your hands before touching your eyes, nose or mouth.
+ Cough and sneeze into a tissue or into the bend of your arm.
+ Clean and disinfect frequently touched surfaces and objects.

Decide whether to add other public health measures, like wearing a mask or physical distancing in public, based on:
+ levels of flu and COVID-19 in your community
+ vaccination coverage in your community
+ your personal risk and comfort levels

It’s not always easy to tell the difference between flu symptoms and COVID-19 symptoms. If you have symptoms, stay away from others and follow the advice of your health care provider or local public health unit.

To learn more, visit Canada.ca/flu and Canada.ca/coronavirus