

# TON FLU CLINIC

## FLU SAFETY



Get vaccinated!



Wash Hands  
Frequently



Cover your  
Cough or Sneeze



Avoid touching  
you face, eyes,  
mouth, nose



Clean surfaces,  
door knobs, light  
switches, etc.



Stay home and away  
from others if you  
are sick.

This year, protecting yourself and your loved ones against the flu (influenza) is even more important because of the COVID-19 pandemic. The CDC recommends that everyone older than 6 months receives flu vaccination every year. You can protect yourself and your community when you get a flu shot.

### Protect yourself and others:

- Wear a face mask in public.
  - Wash your hands often.
  - Cover your cough.
  - Stay home when you sick.
  - Avoid gatherings.
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- See your clinic for updates of all your vaccinations.
  - Vaccinations are free.

## Fight the Flu, Protection Starts with You!

**DATE: Friday, September 18, 2020**

**TIME: 3:00 PM - 6:00 PM**

**PLACE: Sells Bashas Plaza**