



**IT TAKES A
COMMUNITY
TO STOP
THE SPREAD.**

**DO YOUR PART,
GET THE FLU SHOT
AND THE COVID-19
VACCINE.**

NITHA public health officials urges you to take the flu shot to reduce rates of spreading the flu. In addition, we recommend taking the COVID-19 vaccine to accompany the flu shot to ensure protection for ourselves and our loved ones.

As it is now flu season and a current pandemic (COVID-19), these are a few tips to help protect yourselves and your community from the spread of viruses.



Get the Vaccine

Get the Flu vaccine every year.



Wearing a Mask

When physical distancing cannot be maintained, consider wearing a non-medical mask.



Wash Your Hands

Washing your hands often with soap and water if visibly soiled, or using hand sanitizer if not visibly soiled.



Stay At Home

Staying home and away from others if you are sick.



Physical Distance

When outside your home, it means staying at least 2 metres (or 6 feet) away from other people whenever possible.



Cough and Sneeze into your arm

Coughing and sneezing into the sleeves or use a tissue.

Contact your health centre or local healthcare provider to find out how to get your flu shot.

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