

As the COVID-19 pandemic continues on, another public health concern arises: the 2020-21 flu season. This combination has public health experts fearing a potential “twindemic” – surges of COVID-19 cases plus a deadly flu season. To be prepared, take these steps to protect yourself and your loved ones:

NAVIGATING

FLU SEASON

DURING THE  
COVID-19  
PANDEMIC



Get the flu vaccine—your best chance of preventing the illness. Talk to your doctor asap.



Avoid close contact with people who are sick; stay away from others when you feel under the weather.



Practice physical distancing—stay at least 6 feet away from others when out in public.



Wear a protective face covering or cloth mask when out in public.



Avoid large gatherings, especially those that aren't socially distanced and don't require masks or face coverings.



Wash hands often using soap and warm water to protect against germs. If soap and water aren't available, use hand sanitizer.



Get plenty of sleep, stay physically active and drink plenty of water to keep your immune system strong.



Manage your stress and eat a nutritious diet rich in healthy grains, fruits, vegetables and fiber.