



# Check to protect

**Simple steps we can take now to minimize the chances of serious illness and community spread of respiratory illness:**



**Screen for respiratory symptoms daily and stay home if you are ill**



**Make sure you and your family members' COVID vaccinations are up to date**



**Get a flu shot**



**Wear a mask indoors in crowded public spaces and when physical distancing cannot be maintained**



**Wash your hands, often, particularly when out in public**



**If you are higher risk, know what to do if you get sick as you may benefit from antiviral treatments for the flu and COVID-19**

