

# Protect yourself and others from getting sick

Help stop the spread of illnesses like flu, COVID-19, and RSV:



## GET VACCINATED

Stay up to date with vaccines for viruses like flu, COVID-19, and RSV to help prevent severe illness.



## WASH YOUR HANDS

Wash your hands often with soap and warm water, or use hand sanitizer with at least 60% alcohol.



## COVER YOUR COUGHS & SNEEZES

Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.



## MASK UP IF YOU NEED TO

Wear a mask indoors and in crowded places if you are sick, or if you or someone in your household is at increased risk of severe illness.



## GET TESTED

Get tested if you have symptoms. Testing for flu and COVID-19 is available at pharmacies and health clinics in your community.



## GET TREATMENT

If you test positive for a virus, talk to your doctor right away about treatment options.



## STAY AT HOME

Stay home when you are sick. Staying home helps prevent the spread of illness.



**LEARN MORE AT**  
[mass.gov/StopTheSpread](https://mass.gov/StopTheSpread)

