

Many of the steps we take to prevent COVID-19 can also help prevent the flu. Taking these steps AND getting vaccinated are your best protection against the flu.

**Learn the steps you can take to prevent the flu.**

**mass.gov/flu**



# FluFacts

**PROTECT YOURSELF.  
PROTECT YOUR FAMILY.**



The flu spreads easily from person to person. It can be very serious. There are simple things you can do to protect yourself, your friends and family, and your community from the flu.

**GET YOUR FLU  
SHOT TODAY.**



## 1. Get a flu shot every year

It can keep you from getting sick, and even if you do get the flu, your symptoms won't be as bad. It can also prevent you from giving the flu to others.



## 2. Don't spread the flu

Stay away from other people when you are sick. Contact your doctor to ask about getting a test for flu or COVID-19.



## 3. Masks can help stop the spread

Masks can help stop the spread of flu too. Wear one when you can't stay at least 6 feet away from others. If you cough or sneeze, cover your mouth with your elbow—especially when you aren't wearing a mask. You can also use a tissue. Just don't use your hands!



## 4. Wash your hands

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