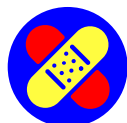


Protect yourself and others from getting sick

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
mass.gov/StopTheSpread

