

- ❖ Get your **flu shot**. Although the flu shot will not protect you from COVID-19, it will help prevent the flu, which has similar symptoms to this coronavirus, including fever, coughing, and trouble with breathing.
 - If you have any of these symptoms, please see your healthcare provider immediately; if you come into contact with someone exhibiting these symptoms, politely suggest that they see their health care provider immediately.
- ❖ Cover your nose and mouth with a tissue when sneezing or coughing, or sneeze or cough into your inner elbow area — do not use your hands.
- ❖ Wash your hands **often** with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer.
- ❖ Do not touch your face (mouth, eyes, nose) with unwashed hands.
- ❖ Stay at home if you do not feel well. If you have flu-like symptoms, contact your health care provider immediately.
- ❖ Avoid close contact with people who are sick, particularly those exhibiting flu-like symptoms such as fever, coughing, and difficulty with breathing.
- ❖ Clean (disinfect) frequently-touched objects and surfaces such as door handles, phones, cell phones, keyboards.
- ❖ Face masks are only recommended if directed by a health care provider.

For additional information and updates go to:

www.mass.gov/2019coronavirus

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>