For You. For Your Family. For The Community.



Avoid COVID-19 and Influenza this season.

To protect older friends and relatives, and people with weakened immune systems:

- Get vaccinated as soon as possible.
- Stay home and away from others when sick and encourage others to do the same.
- Wear a mask in crowded public spaces and around vulnerable people.
- Cough or sneeze into your elbow and wash or sanitize your hands regularly.



