

PROTECT YOURSELF AGAINST RESPIRATORY ILLNESSES



Flu and COVID-19

- Flu is one of several respiratory illnesses circulating this time of year. Flu activity is very high and hospitalizations are on the rise in Washington. Getting vaccinated for the flu is your best option for protecting yourself and others from the flu. Everyone ages 6 months and older should get a flu vaccine. The best time to get vaccinated against flu is now.
- COVID-19 is also still spreading through communities and it remains important to continue protecting ourselves and our loved ones. Staying up to date with your COVID-19 vaccines is your best protection from serious illness and death from COVID-19. The COVID-19 vaccine is available to everyone 6 months and older. The updated bivalent COVID-19 vaccine booster provides better protection against both the original COVID-19 strain and omicron variant, and is recommended for ages 6 months and older.
- You can get your flu vaccine and COVID-19 vaccine on the same day for convenience. However, it is important to get your flu vaccine as soon as possible, and your COVID-19 booster as soon as you are eligible.



Vaccinate

Your best defense against respiratory illnesses



Wash hands

Frequently wash your hands with soap and water



Isolate if sick

Monitor symptoms and prepare to isolate from others if sick



Wear a mask

in indoor crowded spaces