



Your work is essential!

Protect yourself & others from flu and COVID-19 this fall and winter:



MASK UP

Wear a face mask that covers your nose and mouth. And keep your distance (at least 6 feet) from others when you can.



LATHER UP

Wash your hands often with soap and water. If soap and water aren't available, use an alcohol-based hand sanitizer.



SLEEVE UP

Getting a flu vaccine is more important than ever. Everyone 6 months and older should get a flu vaccine every season.

A flu vaccine can protect you, your loved ones, and your co-workers from flu. You can also protect those around you by staying home if you are sick.

Learn more at cdc.gov/flu

#FIGHT FLU



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