Lots of people are getting sick this season. It could be a cold, the flu, or COVID-19. If you’re not feeling well — no matter what virus you have — help stop the spread.

- **Stay home if possible until you feel better**
- **Cough or sneeze into your elbow**
- **Wear a mask when with others**
- **Clean hands often 20 seconds**

Keep up to date with your vaccines. Check with your healthcare provider for more information.