

# COVID-19 & FLU

## Did you know?

### Wearing a mask slows the spread of the FLU and COVID-19

Wearing a mask decreases your risk of spreading and contracting **BOTH** the **Flu and COVID-19**.

Wearing a mask, staying 6 feet apart and washing your hands lowers your risk of spreading **COVID-19 and the FLU**.

**Do your part!**

