

Staying Up to Date with Vaccines



Vaccination is the most effective way to prevent both COVID-19 and influenza. Getting vaccinated reduces the risk of infection and severity of illness if infected.

Practicing Good Hygiene



Practice good hygiene by covering coughs and sneezes, washing or sanitizing hands often, and cleaning frequently touched surfaces.

Taking Steps for Cleaner Air



Ensure good ventilation in indoor spaces by opening windows and doors whenever possible to allow fresh air to circulate. Use exhaust fans in bathrooms and kitchens to remove stale air.

Core Prevention Strategies against Covid-19 and Influenza

Prevention strategies for COVID-19 and Influenza share many similarities due to their modes of transmission. Here are some core prevention strategies that apply to both.

Good Respiratory Health Practices



Maintaining overall good health, including staying hydrated, getting adequate sleep, managing stress, and eating a balanced diet, supports a healthy immune system, which can help prevent infections or reduce their severity.

Stay Informed and Follow Guidelines



Stay updated on recommendations from the Centers for Disease Control and Prevention (CDC). Follow guidelines and instructions provided by public health officials regarding vaccination, testing, and other preventive measures.

Stay Home if Sick



If you are experiencing symptoms of COVID-19 or Influenza, such as fever, cough, or difficulty breathing, stay home from work, school, and other activities to avoid spreading the illness to others.

