

Live Well Work Well

Health and wellness tips for your work, home and life

NAVIGATING THE FLU SEASON DURING THE COVID-19 PANDEMIC

As the COVID-19 pandemic continues on, another public health concern arises: the 2020-21 flu season. This combination has public health experts fearing a potential “twindemic” in surges of COVID-19 cases and another deadly flu season. As such, the CDC is urging the public to take action to avoid another deadly flu season and prevent further spread of COVID-19 cases.

In preparation for a potential twindemic this fall and winter, take these steps to protect yourself and your loved ones:



Get the flu vaccine. The flu vaccine is your best chance of preventing the illness. Talk to your doctor to learn more.



Avoid close contact with people who are sick, and stay away from others when you feel under the weather.



Practice social distancing, which means staying at least 6 feet away from others, when out in public.



Wear a protective face covering or cloth mask when out in public.



Avoid large gatherings, especially those that aren't socially distanced and don't require masks or face coverings.



Wash your hands often using soap and warm water to protect against germs. If soap and water aren't available, use a hand sanitizer.



Get plenty of sleep, stay physically active and drink plenty of water to keep your immune system strong.



Manage your stress and eat a nutritious diet rich in healthy grains, fruits, vegetables and fiber.

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