What You Need To Know: Flu and COVID

Prevention Tips

1. Get your flu shot.
Wearing a mask and other COVID safety measures are no substitute for getting your flu shot. The flu vaccine gets your body ready to fight the virus before you've been infected. So visit your local Centra Care for your flu vaccination today.

2. Wash your hands.
Soap and hand sanitizer are great tools for preventing the flu and COVID. Wash your hands often, scrubbing a full 30 seconds with soap. If soap and water aren't available, reach for alcohol-based sanitizer or hand wipes. Remember that both viruses can live on surfaces for days, so it's also a good idea to frequently clean and disinfect high-touch areas in your home.

3. Don't wait to see your doctor.
Antivirals can ramp up your body's ability to fight back when you've come down with the flu. This medication is only available by prescription, and it's most effective if taken early — within two days of getting sick. Even if started later, antivirals may ease your symptoms, so visit your neighborhood Centra Care as soon as you start to feel under the weather.

If you or a family member are exposed to someone who has tested positive for COVID:

First, stay home and self-isolate. This includes wearing a mask and avoiding close contact with others in your home. If not possible with small children, both child and parent or caretaker should self-isolate. Wash your hands often and disinfect frequently touched areas. Next, get a COVID test soon. For the most accurate results, it's best to get tested within 5-7 days of exposure OR at the earliest onset of symptoms. Make an online reservation for COVID testing with results in minutes at CentraCare.org.

AdventHealth **Clean&Safe** Assurance

AdventHealth Centra Care

Learn more about flu season during COVID at FluAnswers.com.