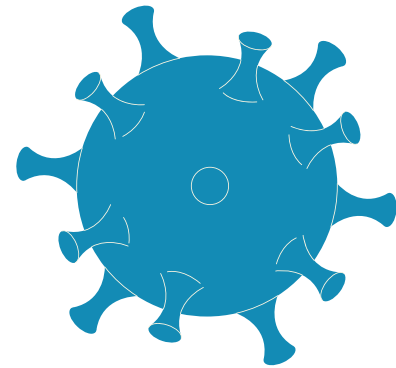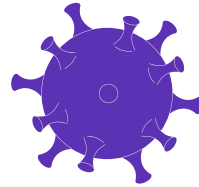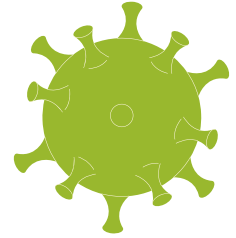# PROTECTING YOURSELF FROM COVID-19 DURING FLU SEASON

1. Get the **flu shot and the new COVID-19 booster shot** from your doctor's office or a local public health clinic

2. Wear a **mask** when in crowded indoor spaces

3. If you feel sick, stay home and take a rapid test. You can order them for free online at covid.gov/tests

4. Practice regular hand-washing