

# Fight the flu

## Wear a Mask

Wearing a mask is important during flu season due to COVID-19 and its variants.



## Stop the Spread

Take preventative actions to help stop the spread of flu viruses. **Wash your hands** regularly and **carry hand sanitizer**.



## Know the Difference

### Common Symptoms of COVID-19 and the Flu

1. Fever and chills
2. Cough
3. Sore throat or congestion
4. Fatigue
5. Body aches

### Symptoms of COVID-19

1. New loss of taste or smell
2. Nausea, vomiting, or diarrhea
3. Shortness of breath or difficulty breathing



## Get Your Flu Shot

Getting the flu vaccine is the most important step to protecting yourself and others from the flu.

**Register for the October 5th SPH Flu Shot Clinic at [go.umd.edu/sph-flu-shot21](https://go.umd.edu/sph-flu-shot21) or make an appointment at [myUHC.umd.edu](https://myUHC.umd.edu)**



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