

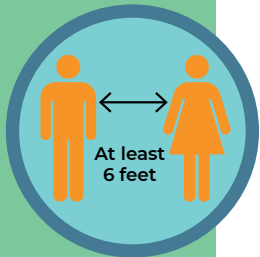
PROTECT YOURSELF

from the flu and COVID-19

Individuals with cancer may be more likely to experience serious complications from the flu and COVID-19. Take these steps to protect yourself.



- **Get the flu shot.** Ask your doctor about getting your shot today
- Encourage your **friends and family members** to get the flu shot
- Limit contact with others. **Stay home**, whenever possible
- Stay at least **6 feet away** from other people (2 arms' length)
- **Avoid contact** with people who are sick
- **Wear a mask over your nose and mouth** whenever you go out. Wash your cloth mask daily
- Frequently **wash your hands** with soap and water and for at least 20 seconds
- If soap and water are not available, use **hand sanitizer** with at least 60% alcohol (ethanol)
- **Don't touch your eyes, nose, and mouth**, especially with unwashed hands
- **Clean and disinfect** frequently touched surfaces daily (doorknobs, sink faucet handles, light switches, keyboards, phones)



If you develop a new fever, cough, shortness of breath, sore throat, or runny nose, contact your doctor immediately.