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.