

The **FLU**, **COMMON COLD** and **COVID-19** have similar symptoms.

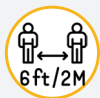
Help stop the spread:



wash your hands often with soap and water for at least 20 seconds



avoid touching your eyes, nose or mouth, especially with unwashed hands



keep a 2-metre distance between yourself and others



when coughing or sneezing: cover your mouth and nose with your arm or tissue



disinfect frequently touched objects and surfaces



stay home if you are sick to avoid spreading illness to others



if you are sick or suspect you have COVID-19, call the health centre before going to see the nurse



Get the flu shot. Call your health centre for more information.



Information on the flu (influenza): flunu.ca



Information on COVID-19: gov.nu.ca/health/information/covid-19-novel-coronavirus

