

Stay Up-To-Date with COVID-19 Vaccines

COVID-19 vaccines are safe and effective and recommended for adults and children 6 months and older. Vaccination is still the best way to protect yourself and your loved ones from getting sick.

Don't Forget Flu!

Everyone 6 months and older should get a yearly flu vaccine. Flu is still a serious concern, especially for older adults, young children, pregnant people, and those with medical conditions.

You can get sick with COVID-19 and flu at the same time. The good news is that you can get a COVID-19 and flu vaccine at the same time.



Boston Public Health Commission
Infectious Disease Bureau
1010 Massachusetts Avenue
Boston, MA 02118
www.boston.gov/bphc
617-534-5611

Staying Healthy for the HOLIDAYS



Know Your Resources!



Find a COVID-19 Vaccine!



Find COVID-19 Treatment!



Find COVID-19 Testing!



Find a Flu Vaccine!



Get Tested!

Get tested for COVID-19 and/or flu, especially if you feel sick.

Keep COVID-19 rapid test kits at home to use if you feel ill, if you have been exposed to someone with COVID-19, or before activities around older adults or others at increased risk of severe COVID-19.



Get Treated

If you test positive for COVID-19 or flu, and are at high risk of getting very sick, talk to your doctor about getting treatment right away.



Stay Home If You Feel Sick

Talk to your doctor about getting tested for COVID-19 and/or flu. Wear a mask when around others if you're sick.

Don't Forget the Basics!

Cover Your Nose and Mouth

When coughing or sneezing, cover your nose and mouth with your elbow or a tissue. This can protect you from colds, flu, as well as COVID-19 by limiting the spread of respiratory droplets. Consider wearing a mask in crowded indoor spaces, especially if you feel sick.



Wash Your Hands

Wash your hands often with soap and clean water for at least 20 seconds, especially after coughing, sneezing, using the bathroom, and before eating. This helps prevent the spread of germs that cause colds, flu, COVID-19, and other illnesses.



Increase Ventilation

Respiratory illnesses like colds, flu, and COVID-19 spread more easily in crowded indoor spaces. This is especially true in winter when doors and windows are shut. If it's safe to do so, open doors and windows or use air purifiers to reduce the risk of disease.