



**Health Services**  
LOS ANGELES COUNTY



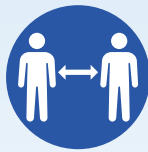
# Let's Fight Flu and COVID-19 Together

These are challenging times. Both flu and COVID-19 viruses are set to spread this fall and winter, and it is time to get ready and protect yourself and loved ones.



## MASK UP

Wear a mask over your nose and mouth.



## DISTANCING

When in public practice keeping your distance from others (6') when you can.



## LATHER UP

Wash your hands often with soap and water or use an alcohol-based hand sanitizer if handwashing is not available.



## ROLL UP YOUR SLEEVES

Get your flu and COVID-19 vaccine

### Flu Shot:

Call your doctor to schedule your shot. If you don't have a doctor, call 2-1-1.

### COVID-19 Vaccine:

Visit [vaccinatelacounty.com](https://vaccinatelacounty.com) to schedule your vaccine appointment.



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