As the COVID-19 pandemic continues on, another public health concern arises: the 2020-21 flu season. This combination has public health experts fearing a potential “twindemic” in surges of COVID-19 cases and another deadly flu season. As such, the CDC is urging the public to take action to avoid another deadly flu season and prevent further spread of COVID-19 cases.

In preparation for a potential twindemic this fall and winter, take these steps to protect yourself and your loved ones:

- **Get the flu vaccine.** The flu vaccine is your best chance of preventing the illness. Talk to your doctor to learn more.
- **Avoid close contact with people who are sick,** and stay away from others when you feel under the weather.
- **Practice social distancing,** which means staying at least 6 feet away from others, when out in public.
- **Wear a protective face covering or cloth mask** when out in public.
- **Avoid large gatherings,** especially those that aren’t socially distanced and don’t require masks or face coverings.
- **Wash your hands often using soap and warm water** to protect against germs. If soap and water aren’t available, use a hand sanitizer.
- **Get plenty of sleep,** stay physically active and drink plenty of water to keep your immune system strong.
- **Manage your stress** and eat a nutritious diet rich in healthy grains, fruits, vegetables and fiber.

Click [here](#) to learn more about the CDC’s prevention recommendations for both the flu and COVID-19.

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