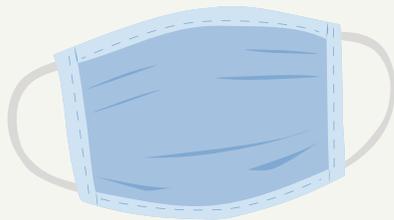




# Prepare Now for COVID-19 and Seasonal Flu

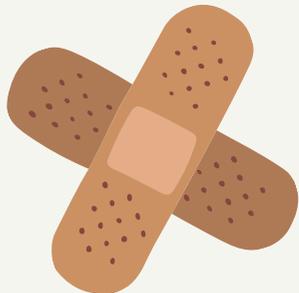
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Everyone has a role to play to slow the spread of both illnesses:



**Mask Up:** Wear your face covering and maintain a 6 ft. distance

**Lather Up:** Wash your hands for 30 seconds with hot water and soap



**Sleeve Up:** Receive your Flu Vaccine

For more information visit:  
[www.santacruzhealth.org/flu](http://www.santacruzhealth.org/flu)