

Stay safe from flu and COVID-19!

Who

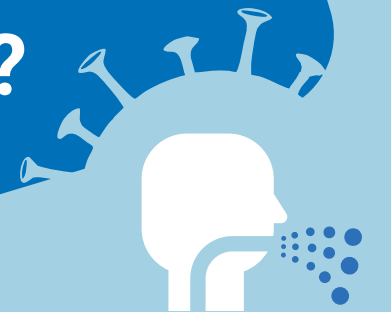
is most at risk from flu and COVID-19?

- Older people
- Young children
- People with chronic health conditions
- Pregnant women

Flu (influenza) and COVID-19 can cause severe complications, but they can be prevented with vaccines.

Want to know more?
Here are some essential facts.

How do flu and COVID-19 spread?



- Both viruses spread easily from **person to person** through the air – in droplets from coughing or breathing.
- They also spread through tissues and surfaces that people touch.

How can I stay safe from flu and COVID-19?



Get vaccinated

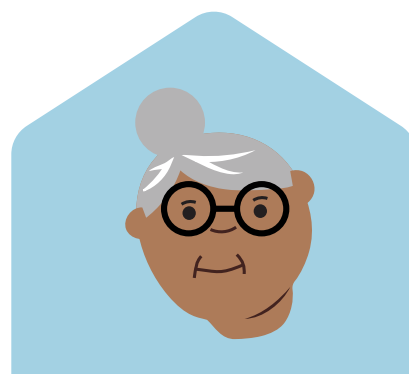
Vaccination is the most effective way to prevent flu and COVID-19



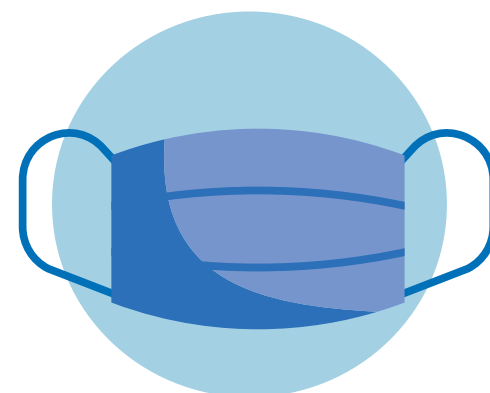
Cover your mouth and nose when sneezing



Wash your hands regularly

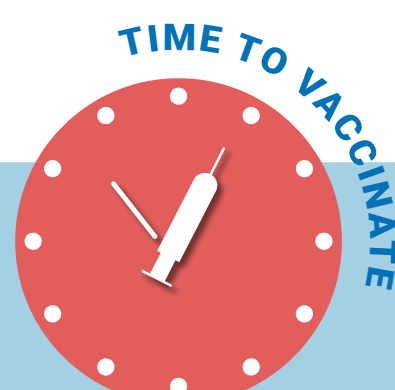


Stay home when sick



Wear a mask if you experience symptoms

Don't wait! Speak to your doctor for advice on vaccination.



Vaccination can prevent flu and COVID-19 and their complications

Scan the QR code to learn more at the European Vaccination Information Portal



vaccination-info.europa.eu/en



EUROPEAN VACCINATION
INFORMATION PORTAL
An initiative of the European Union