3 ways to stay healthy this season

This year, we need to take extra steps to fend off the flu and stay safe from COVID-19. Protect yourself and the people you care about with these simple tips.

Get vaccinated

Vaccines make everyday moments safer. Fight off the yearly flu virus with a flu shot at no cost. Still need your COVID-19 vaccine? It's safe to get both the flu shot and COVID-19 vaccine at the same time.

Protect yourself with healthy habits

Simple things that support overall health can also help you stay healthy. Wear a mask in indoor public places. Wash your hands often, and keep hand sanitizer handy. Make sure to get enough sleep, eat lots of fruits and veggies, and drink plenty of water.

Learn to recognize common symptoms

Flu, COVID-19, and the common cold share some of the same symptoms. If you're not feeling well, visit **kp.org/flu** to learn what your symptoms may mean and get tips to make yourself feel better.

Visit **kp.org/flu** and **kp.org/covidvaccine** to learn more.

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