



# Flu Season is here.

Take action to protect  
yourself and your family.

Medical experts are expecting flu infections to be widespread in 2021-22. Right now, it's especially important to avoid the flu with COVID-19 so active in our communities.

## Avoid double trouble.

It is possible to have COVID-19 and the flu at the same time. Protecting yourself and your family from a serious respiratory illness is essential.

## Stop it before it starts.

- Vaccines are available to prevent both Flu and COVID-19.
- Centra Care offers flu shots for \$30 at all locations.
- COVID-19 vaccines are available by appointment only at select Centra Care locations with no out of pocket cost.

## If you're feeling sick:

- Flu and COVID-19 symptoms are similar. Get tested, receive proper treatment and feel better faster.
- If you develop flu like symptoms, AdventHealth Centra Care has rapid COVID-19 and flu testing available onsite.

For more information, visit [FluAnswers.com](https://www.FluAnswers.com)

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.



**AdventHealth**  
**Centra Care**