

THE IMPACT OF COVID-19: HOW COMMON IS IT?



In the past three months, 1,207,814 people in the United States have died from COVID-19, according to the CDC.

CDC | Data through: October 12, 2024. Posted: October 21, 2024

THE IMPACT OF INFLUENZA: HOW COMMON IS IT?



For every 100,000 people in the United States, 1 to 3 people die each month from influenza during the season. According to the CDC published on May 11, 2024.



Healthy Families: Healthy Homes



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 FAMILY SUPPORT CENTER - CAF

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COVID-19 Prevention & INFLUENZA



INFLUENZA TIPS AND RECOMMENDATIONS

- Wash your hands often: Keeping your hands clean helps prevent the spread of germs.
- Avoid touching your eyes, nose and mouth: Germs spread easily through these contact routes.
- Cover your mouth when coughing or sneezing: This practice helps protect others from possible infections.
- If you start to feel sick at work, go home as soon as possible: Avoid exposing others to the virus and rest to recover faster.
- It is important to get the flu vaccine every year: Annual vaccination is one of the best ways to protect yourself against the flu.



COVID-19 TIPS AND RECOMMENDATIONS

- Take precautions if you have symptoms: If you have respiratory symptoms, stay home and avoid contact with other people, even those who live in your home and are not sick.
- Wash your hands frequently: Use soap and water or hand sanitizer with at least 60% alcohol to reduce the risk of transmission.
- Wear a mask and maintain physical distance: These measures help reduce the risk of contagion in closed or crowded spaces.
- Getting vaccinated is safe and reliable: It is an effective way to generate protection against COVID-19, much safer than contracting the disease.
- Stay up to date on your vaccinations: Staying up to date means completing all doses and receiving recommended boosters to reduce the risk of getting sick or spreading the virus.

WHERE TO GET VACCINATED

♥ **CVS Pharmacy**
Address: 13600 Jefferson Davis Highway, Woodbridge, VA 22191
Phone: (703) 494-3126 Make your appointment online:
www.cvs.com/scheduling/patient

♥ **Walmart Supercenter #357**
Address: 9401 Liberia Ave, Manassas, VA 20110 Phone: 703-257-0403
(You can go without an appointment)

♥ **Walgreens**
Address: 12601 Smoketown Rd, Woodbridge, VA 22192 Phone: 703-670-7030

SCHEDULE YOUR VACCINE ONLINE
HERE BY SCANNING THE QR CODES

Walgreens



Walmart*



♥CVS

