Keep Your Congregation Healthy

Black people and African Americans are more likely to get sicker or die from COVID-19. You can prevent both COVID-19 and the flu by taking a few easy steps.

Get the flu shot.
- It is safe. It works.
- If you get the flu you will not be as sick if you have had your flu shot.

Stop the spread of germs!
To protect yourself and others, you should:
- Wash your hands for at least 20 seconds.
- Wear a face covering (mask).
- Stay home when you are sick.
- Stay at least 6 feet away from people who do not live with you.

What to do if you think you have COVID-19 or the flu.
Stay at home except to get medical care. Follow instructions from your doctor and health department.

Call your doctor if you have any of these symptoms:
- Fever (100.4°F or higher)
- Cough or trouble breathing
- Muscle pain, body ache, or headache
- Sore throat
- Runny or stuffy nose
- Diarrhea or feeling sick to your stomach

Visit healthy.arkansas.gov to learn more.