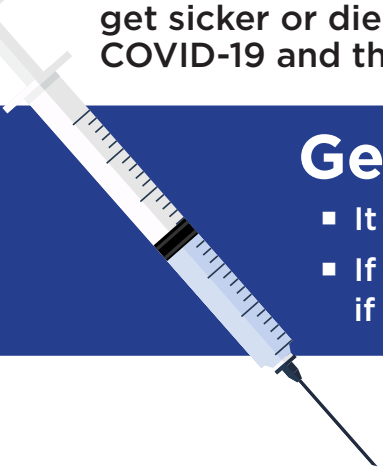
Keep Your Congregation Healthy

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.



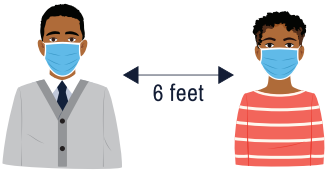
Stop the spread of germs!

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.

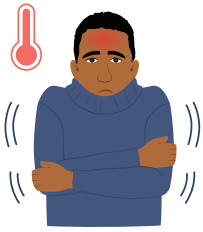


Stay at least 6 feet away from people who do not live with you.

What to do if you think you have COVID-19 or the flu.

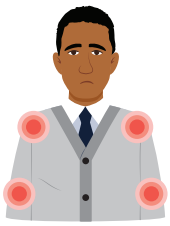
Stay at home except to get medical care. Follow instructions from your doctor and health department.

Call your doctor if you have any of these symptoms:

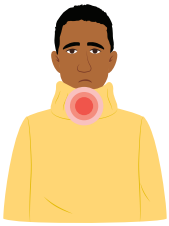


Fever (100.4°F or higher)

Cough or trouble breathing

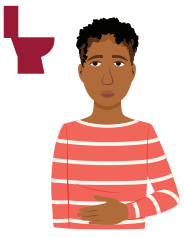


Muscle pain, body ache, or headache



Sore throat

Runny or stuffy nose



Diarrhea or feeling sick to your stomach

ImmunizeAR

FAITHNetwork

Visit **healthy.arkansas.gov** to learn more.