



# STAYING HEALTHY THIS FLU SEASON

This year, it's more important than ever to stay healthy. Here are a few things you can do to help you and your family stay safe all winter.

## 1 KNOW THE DIFFERENCE

While subtle, there are differences between COVID-19 and the flu. The flu will take less time to appear after exposure. Smell and taste will only be lost with COVID. Remember, each virus has a unique test available for definite reassurance.

## 2 GET THE FLU SHOT

The flu shot is available now. Our physicians highly recommend that anyone (with just a few restrictions) get the flu shot for ultimate protection this year.

## 3 BE PREPARED

Stock up on necessities like tissue paper, cold medication, and a thermometer for the whole family in case you become ill and quarantine is required.

## 4 DOWNLOAD THE RELYMD APP

RelyMD providers are available on-demand. Download the app & register now for instant access when you need it most.

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Register or start your visit at [patient.relymd.app](https://patient.relymd.app).

