

# STOP THE SPREAD: COVID-19 and Seasonal Flu

For more information, visit [CDC.gov/COVID19](https://www.cdc.gov/COVID19) and [CDC.gov/Flu](https://www.cdc.gov/Flu) or talk to your executive director.

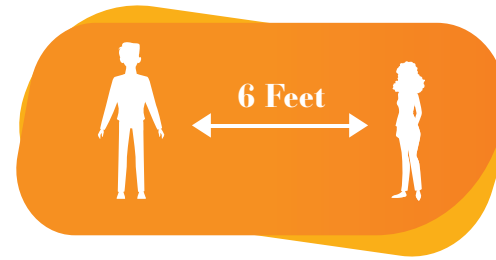


“Don’t wait, vaccinate!” In line with guidance from public health officials, Sunrise firmly believes that getting vaccinated against communicable diseases, including the seasonal flu and COVID-19, is the best, most effective way to help stop the spread of these viruses. Sunrise also offers COVID-19 boosters to residents and team members during on-site clinics.

Both in and out of the community, take these additional steps to protect yourself and your loved ones.



Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer that has at least 60 percent alcohol.



Follow local and community guidelines on social distancing when out in public and around large groups of people.



Cough/sneeze into a tissue or your flexed elbow and immediately wash your hands.



Avoid touching your eyes, nose, and mouth.



If you feel sick, stay in your suite and away from others and contact your healthcare provider.



Follow community and local guidelines and wear face coverings when and where required.



Clean and disinfect frequently touched objects and surfaces.

