

## Lower Your Risk: COVID-19 & the Flu Virus

Coronavirus Disease 2019 (COVID-19) and the Influenza Virus (Flu) may seem similar with their symptoms like a cough, body chills, and a fever, and are both very contagious, but they have a few differences. For instance, COVID-19 can affect how your food tastes or smells, and the Flu Virus does not.

With the Fall and Winter season, both of these viruses could be a big issue in our area, and for your family. A few things that you can do to lower your risk (and help your community lower its risk) are:

- **Wash Your Hands Often-** Your hands touch many objects and your face all day. Keeping them clean often will help prevent you and others from getting sick.
- **Cover Your Cough-** Using your elbow or a tissue to cover your cough will keep the germs from getting in the air.
- **Avoid Others While You Are Sick-** If you feel sick or have a fever, stay home, and get some rest to avoid spreading germs.
- **Get Vaccinated –** Although there is currently no vaccine for COVID-19, Flu Vaccines can help lower your risk of getting the Flu and keep your family safe.

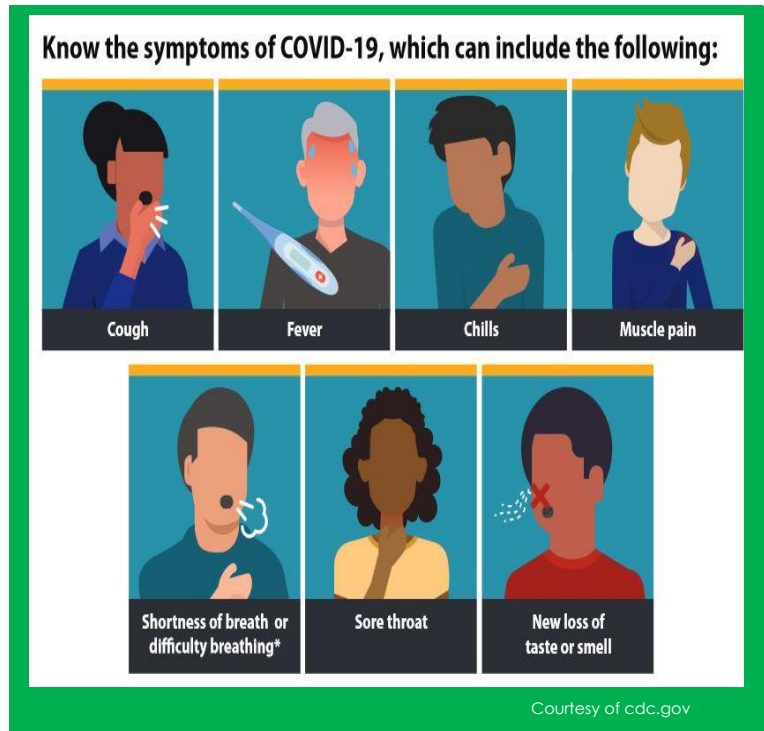
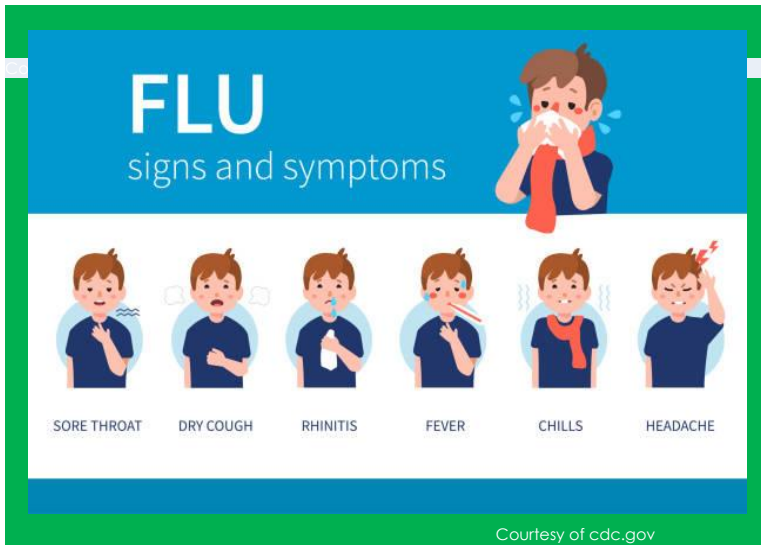
## If you have health concerns, North Alabama Community Care can help you!

Please call us at 1-855-640-8827.

- Find a doctor who accepts Medicaid
- Understand results from medical tests
- Schedule doctor appointments
- Manage medications
- Find community resources
- Use Non-Emergency Transportation (NET) services

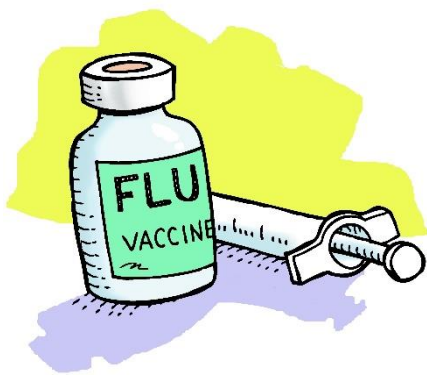
*Our goal is to provide care coordination services to help you take charge of your healthcare.*

*We provide services for primary care, maternity, and family planning for Alabama Medicaid Recipients in Cullman, Jackson, Limestone, Madison, Marshall, and Morgan Counties.*



**You have the power to protect you and your family against the Flu virus!**

- The Flu Vaccine is now available to you for this Flu season, and it is important to make sure you are protected!
- You can get the Flu vaccine at your primary care doctor's office, at Flu clinics across your area, and even at your local pharmacy.
- North Alabama Community Care is sharing upcoming Flu clinics at [www.northalcc.org](http://www.northalcc.org)



**Keep Staying Safe During COVID-19!**

- Although there is no vaccine for COVID-19 yet, it is very important to stay safe and know your symptoms. The above chart helps you understand your symptoms.
- If you think you are having any of the possible symptoms of COVID-19, contact your doctor or go to a testing clinic near you to get tested.
- North Alabama Community Care can help you stay up to date on latest COVID-19 information during your Care Coordination. Contact us at: 1-855-640-8827

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Friend's Name  
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