

Enclosed masks provided by Cook County's #MASKUP Campaign

Wear your Mask Correctly

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face



Wear a Mask to Prevent Getting and Spreading COVID-19

- Wear a mask that covers your nose and mouth
- Wear a mask in public and around people who don't live in your household, especially when it's difficult to stay 6 feet apart
- Wear a mask correctly for maximum protection
- **Don't** put the mask around your neck or up on your forehead
- **Don't** touch the mask. If you do, wash your hands or use hand sanitizer



Take Off Your Mask Carefully When You're Home

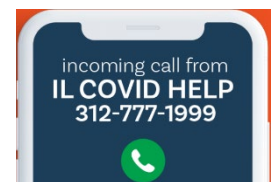
- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together and put the mask aside for washing
- **Don't** touch your eyes, nose, or mouth when removing a mask and wash your hands immediately afterwards.



'Tis the Season...for a Flu Shot! Flu shots are covered by Access to Care at **ZERO** cost. You must get the flu shot from a local pharmacy, like Walgreens. Don't forget your ATC ID card. The flu shot is *not* free if you get it at a doctor's office. SpreadFactsNotFlu.com



Slow the Spread. Answer the Call If you tested positive for COVID-19, someone from the Cook County Department of Public Health may reach out to you to offer support and answer your questions. **Please answer the call.**



Help Us Continue to Help Those in Need For many, 2020 was the year they lost their job. Lost jobs often mean loss of health insurance. This year, we have helped those who needed it the most. **Please consider a donation so that we can continue to give the gift of health now & in 2021.** Thank you. accesstocare.org/donate

Do we have your email address? If not, email us at info@accesstocare.org and include your name.

Warm wishes for a happy holiday season and a healthy new year!