RECORD CASE COUNTS IN ALL AGE GROUPS last week
827 NEW CASES IN NM, 35% in Bernalillo County

Hospital resources for treatment reaching 80% capacity

HOW COVID-19 SPREADS—Duration and intensity are important
Droplets, mostly when close contact (within 6 feet) that last more than 5 minutes
without masks properly in place (covering both nose and mouth)

DANGER OF COVID-19
More complications than the flu, including multiple organ failure, increased length of hospitalization
Other health issues compound vulnerability—obesity, diabetes, heart disease, having flu at the same time regardless of age. Overall, the elderly are vulnerable
Confusion with flu that delays treatment OR having both at once

FLU SHOTS VERY IMPORTANT THIS YEAR
To protect yourself and others from the possibility of having both COVID and the Flu at once and
From our ACE community perspective to decrease spread and avoid health care system overload in NM

WHAT YOU SHOULD DO
Wear M S K S and maintain 6 feet SOCIAL DISTANCING outside of home
 AVOID close, prolonged contact especially when not wearing a mask
 AVOID unnecessary trips from home
 K E E P handwashing: Do NOT touch your face or food if your hands have not just been washed or hand sanitized
 G E T a flu shot: Flu shots do NOT cause the flu!
Slight under-the-weather feeling for a day is an indication that the shot is working to create protection from the flu