PROTECT YOUR FAMILY FROM RESPIRATORY VIRUSES

WASH YOUR HANDS
often with soap and water for 20+ seconds. Dry well.

GET VACCINATED
for flu and pertussis. Ask about protective injections for RSV.

COVER COUGHS AND SNEEZES.
Sneeze and cough into your elbow.

USE A HAND SANITIZER THAT IS 60%+ ALCOHOL.

STAY AWAY FROM SICK PEOPLE
Stay at home to protect vulnerable babies and children. Avoid crowds when out.

www.nationalperinatal.org