PROTECT YOUR FAMILY FROM RESPIRATORY VIRUSES

**flu**  **coronavirus**  **pertussis**  **RSV**

**WASH YOUR HANDS**
often with soap and warm water.

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

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

**USE AN ALCOHOL-BASED HAND SANITIZER.**

**STAY AWAY FROM SICK PEOPLE**
Avoid crowds. Protect vulnerable babies and children.

[www.nationalperinatal.org](http://www.nationalperinatal.org)