PROTECT YOUR FAMILY FROM RESPIRATORY VIRUSES

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