

PROTECT YOUR FAMILY FROM RESPIRATORY VIRUSES

flu

COVID-19

pertussis

RSV



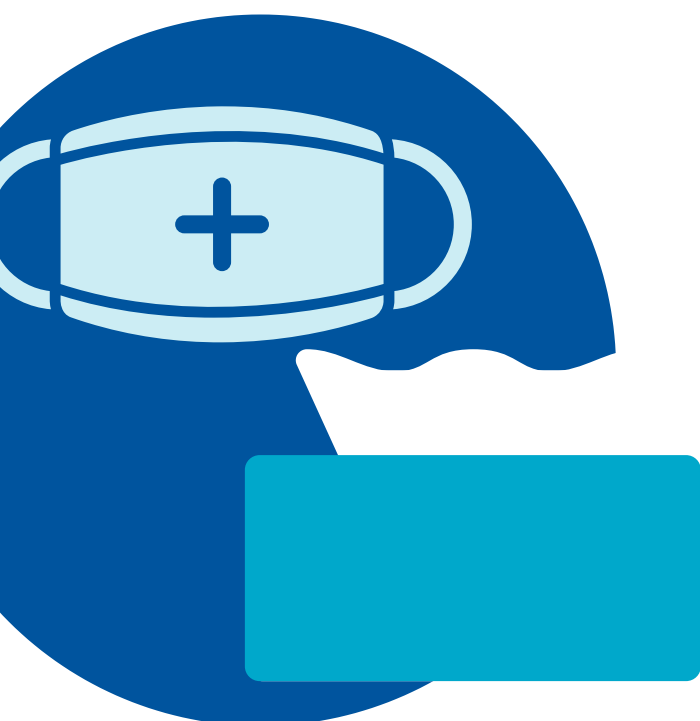
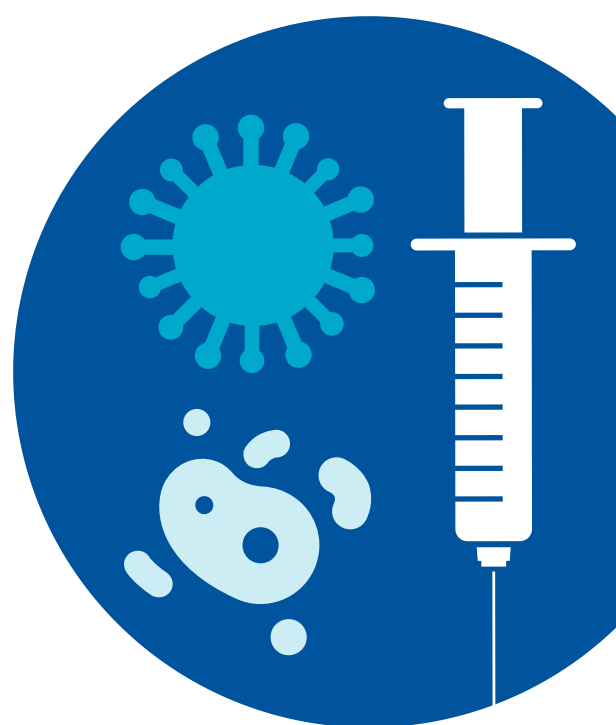
SOAP

WASH YOUR HANDS

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

GET VACCINATED

for COVID-19, flu, and pertussis. Ask about protective injections for RSV. Vaccines save lives.



COVER COUGHS AND SNEEZES

Wear a mask. 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.