

PROTECT YOUR FAMILY FROM RESPIRATORY VIRUSES

flu

coronavirus

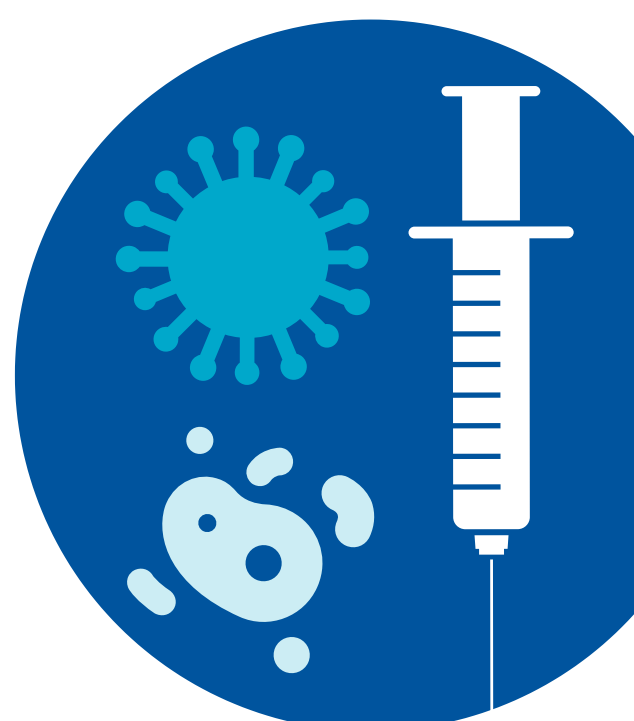
pertussis

RSV



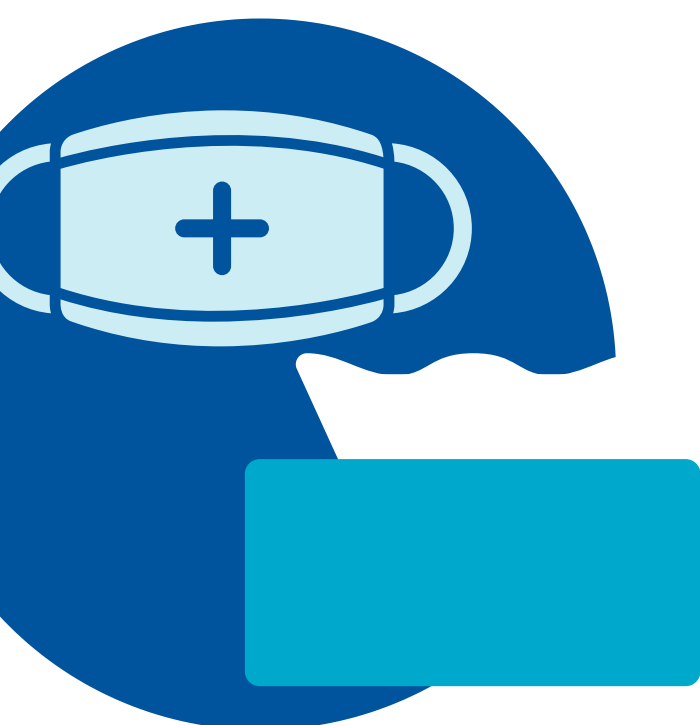
WASH YOUR HANDS

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.