

COVID, FLU, & RSV

8 ways to keep your family healthy

The holiday season is upon us. Families and crowds are gathering to celebrate. Be ready to protect your family from illness.

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GET VACCINATED

- Flu vaccine every year.
- COVID vaccine and boosters as recommended.
- RSV vaccine is available to infants at risk.



WASH YOUR HANDS

- Washing your hands often prevents illness.
- Be sure to scrub for 15-20 seconds.



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COVER YOUR COUGH

- Use your elbow or another barrier to cover your cough.



DON'T TOUCH YOUR FACE

- Be sure you have clean hands before touching your face.
- Keeping your hands away from your face keeps germs away from entering your body.

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WEAR A MASK IN PUBLIC

- Mask up when in large groups or gatherings.
- Maintaining social distancing helps keep germs away from you.



LIMIT CONTACT WITH OTHERS AND STAY HOME

- This reduces the number of germs you are exposed to.
- Staying home when you are ill prevents the spread of infection.

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CLEAN SURFACES AND CHANGE YOUR CLOTHES

- Cleaning frequently touched surfaces prevents the spread of germs.
- Change your clothes when you come home from work or school prior to caring for infants.

CALL YOUR HEALTH CARE PROVIDER IF SICK

- There are treatments for the flu and COVID, but you must start them right away. Call your doctor to see if they are right for you.

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