

Five Winter Virus Prevention Tips

Building a good defense will help prevent severe illness and hospitalization from the flu, COVID-19, and respiratory syncytial virus (RSV).

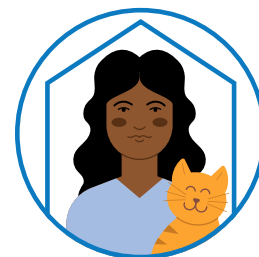
1. Get Vaccinated, Boosted (and Treated)

Getting your [flu and COVID-19 vaccines](#) are the best way to reduce the chances of getting severely ill. If you test positive for COVID-19 and have symptoms, speak to healthcare provider right away about [treatment](#).



2. Stay Home if You're Sick!

Stay home if you are feeling sick. This is even more important for viruses like the flu, RSV and COVID-19, which can lead to severe illness.



3. Wear a Mask

Wear a mask in indoor public places to reduce the spread of germs. There is no vaccine for RSV, so wearing a mask can slow the spread and protect the most vulnerable, including babies, young children, and older adults.



4. Wash Your Hands

Frequently wash your hands with soap and warm water for at least 20 seconds. This is one of the easiest and most effective ways to prevent spreading germs.



5. Cover Your Cough or Sneeze

Cough or sneeze into your elbow, arm, or a disposable tissue. Don't forget to wash or sanitize your hands and dispose of the tissue afterwards!



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