

HELP STOP THE SPREAD OF RESPIRATORY ILLNESSES



Wash hands frequently with soap & water or use alcohol-based hand sanitizer. Avoid touching someone else's utensils.

Get vaccinated for the flu and get up to date on COVID-19 vaccines.

Talk to your child's doctor about if your child is able to receive RSV prevention medication.

When inside get some ventilation and air circulation going - open a window, turn on a fan.

Cover your cough/sneezes. Stay home until you feel better or are fever free for at least 24 hours without fever reducing medications.

Wear a mask around others if you start to have any symptoms, such as a runny nose, cough, or fever.

Mask indoors in crowded areas, especially at large indoor gatherings.