Prevent Respiratory Viruses
STAY HEALTHY ALL SEASON

Wash Your Hands Often
Use soap and water and scrub for at least 20 seconds. Always wash your hands after eating, coughing, sneezing, touching your face, and using the bathroom.

Clean & Disinfect Surfaces Regularly
Toys, countertops, doorknobs, microwave buttons, faucets, and handrails can all spread germs. Clean these more frequently.

Get Your Flu Vaccine & COVID-19 Booster
Vaccination helps prevent severe illness and reduce hospitalizations and death.

Stay Home When You Are Sick
As much as possible, stay home when you are sick. Avoid spreading illness to others and rest so you can heal.

Mask Around Others When Symptomatic
If you have to leave the house, wearing a mask can help you keep your germs to yourself and protect those around you from getting sick.