

Protect Against Winter Respiratory Viruses

Now is the time to protect yourself against the flu, COVID-19 and RSV!

As the weather cools down and we gather for the holidays, there are high levels of these respiratory illnesses.

Flu	COVID-19	RSV
<p>Anyone can get the flu! (Even healthy people)</p> <p>The best way to prevent getting the flu is to get vaccinated every year!</p> <p>Since flu viruses can change every year, the vaccine is updated annually to protect against the most common viruses.</p> <p>Everyone 6 months and older is eligible to get the flu vaccine.</p> <p>The symptoms of the flu usually come on suddenly and strong, and may include:</p> <ul style="list-style-type: none"> • Headache • Fever • Chills • Cough • Sore throat • Runny or stuffy nose • Fatigue • Body aches 	<p>Anyone can get COVID-19! (Even healthy people)</p> <p>The best way to prevent severe illness from COVID-19 is to get vaccinated and boosted.</p> <p>The updated boosters for COVID-19 target the Omicron subvariants and previous virus strains.</p> <p>The updated Omicron boosters:</p> <ul style="list-style-type: none"> • Restore protection that has decreased since previous vaccination or COVID-19 infection. • Provide broader protection against newer variants. <p>Everyone 6 months and older is eligible for the COVID-19 vaccine</p>	<p>Anyone can get RSV! (Even healthy people)</p> <p>There is currently no vaccine available for the respiratory syncytial virus (RSV) yet.</p> <p>RSV is a common respiratory virus that usually causes mild, cold-like symptoms and can be serious, especially for infants and older adults.</p> <p>Symptoms for RSV usually appear 4 to 6 days after getting infected and often appear in stages and not all at once.</p> <p>Symptoms of RSV infection usually include:</p> <ul style="list-style-type: none"> • Runny Nose • Decrease in appetite • Coughing • Sneezing • Fever • Wheezing

Safety measures you can take to prevent a winter respiratory virus this winter are:

- **Get vaccinated and boosted!** The COVID-19 vaccines are the best way to prevent severe illness.
- **If you're sick, stay home** from work, school or festivities until your symptoms improve.
- **Wear a mask** when you're around others or in crowded indoor spaces.
- **Cover coughs and sneezes** with a tissue or cough or sneeze into your elbow, not your hand
- **Wash your hands** often with soap and water for at least 20 seconds or use hand sanitizer
- **Improve airflow in indoor spaces**
- **Clean frequently touched surfaces**