

Stay Healthy This Winter

As we enter into the winter season, respiratory viruses are on the rise. By following the right guidance, you can take steps to prevent your family from getting sick and keep your community safe. Follow the guidance below to stay healthy this winter!

Respiratory Virus Guidance



Core Prevention Strategies

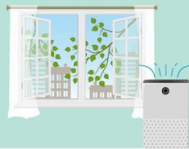
Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



Additional Prevention Strategies

Masks



Distancing



Tests



*Stay home and away from others until,



and



Your symptoms are getting better

You are fever-free (without meds)

for 24 hrs



Then take added precaution for the next 5 days

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering



Questions?



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