

Protecting my baby and family from Respiratory Viruses



Our Plan for this Cold and Flu Season

These are the things we will do to stay healthy and avoid respiratory infections:

- Wash our hands often with soap and water. Use hand sanitizer. 
- Watch out for signs of infection. 
- Stay up-to-date with our immunizations. 
- Cover our coughs and sneezes. 
- Test for COVID-19 if we're exposed or have symptoms. 
- Get an annual booster shot for COVID-19. 
- Avoid crowds and places where there may be sick people. 
- See our doctors and pediatricians regularly. 
- Get our flu shots. 
- Wear a mask when we're out in public to help avoid infections. 
- Follow medical guidance that keeps us healthy. 
- Ask about vaccines and antibody injections that can protect us from respiratory syncytial virus (RSV). 
- Change our clothes when we get home. 
- Stay home from school and work when we're sick. 
- Get lots of rest and sleep. 
- Ask people to visit us when they're healthy and stay away when they're sick. 
- Tell our family and friends what we're doing to stay healthy and ask for their support. 
- Nourish our bodies with healthy food. 

What may be a mild cold or flu for you can be a very serious illness for others. This is because some of us are **more likely to have serious complications** from colds, flu, and COVID-19.

Immunizations save lives. 

When we take steps to protect ourselves we are also protecting those who are most vulnerable.