

PROTECT YOURSELF AGAINST RESPIRATORY ILLNESSES



Vaccinate

Your best defense against respiratory illnesses



Wash hands

Frequently wash your hands with soap and water



Isolate if sick

Monitor symptoms and prepare to isolate from others if sick



Consider wearing a mask

in indoor crowded spaces

Flu, COVID-19, and RSV

- Flu, COVID-19, and RSV (Respiratory Syncytial Virus) are common respiratory viruses circulating this time of year. Last year, we saw high rates of respiratory illness and hospitalizations from the flu, COVID-19, and RSV. Luckily, we have vaccines that can help protect us from severe illness, hospitalizations, and death from these respiratory illnesses.
- Getting an annual flu vaccine and staying up to date with COVID-19 vaccination gives you and your loved ones the best protection from serious illness and death. Flu and updated 2024-25 COVID-19 vaccines are both available and recommended to everyone over the age of 6 months. If you are over the age of 60 or currently pregnant, you may be eligible for an RSV vaccine. The RSV vaccine given during pregnancy has been found to protect the infant from serious illness from RSV. An RSV antibody product is recommended for all children before 8 months of age if the parent was not vaccinated during pregnancy. Talk to your healthcare provider to see if you should get an RSV vaccine, or if your baby should get an RSV product.
- You can get your flu vaccine and COVID-19 vaccine on the same day for convenience. However, it is important to get both vaccines as soon as you can. Talk to your provider about getting the RSV vaccine with other vaccines if you are eligible.