

Top 5 Tips to Prevent Winter Viruses

Building a good defense will help prevent severe illness and hospitalization from the flu, COVID-19, and respiratory syncytial virus (RSV).

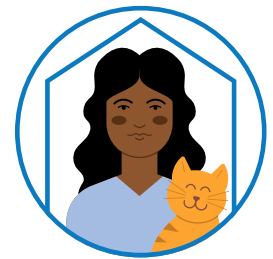
1. Get Vaccinated, Boosted (and Treated)

Getting your [flu and COVID-19 vaccines](#) are the best way to reduce the chances of getting severely ill. If you test positive for COVID-19 and have symptoms, speak to a health care provider right away about [treatment](#).



2. Stay Home if You're Sick and Test for COVID

Staying home when you're sick slows the spread of flu, RSV and COVID-19. Remember to test for COVID and contact your doctor immediately if you're positive to discuss treatment options.



3. Wear a Mask

There is no vaccine for RSV, so wearing a mask can slow the spread and protect the most vulnerable, including babies, young children, and older adults.



4. Wash Your Hands

Frequently wash your hands with soap and warm water for at least 20 seconds. This is one of the easiest and most effective ways to prevent spreading germs.



5. Cover Your Cough or Sneeze

Cough or sneeze into your elbow, arm, or a disposable tissue. Don't forget to wash or sanitize your hands and dispose of the tissue afterwards!



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