

Q

How can I keep from getting sick with a respiratory illness this season?

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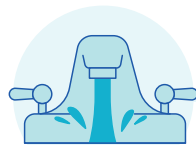
Take steps to help you stay well.



Respiratory illnesses tend to peak during the colder months.
Talk to your doctor to learn more about how to protect your health.



Stay up to date on recommended vaccines.



Wash your hands with soap and water often.
If you can't, use hand sanitizer.



Disinfect frequently touched surfaces.



Take steps for cleaner air, such as bringing in fresh outside air or using an air purifier.



Avoid crowded spaces, and when possible, gather outdoors.



Try to avoid close contact with people who are sick.

Take everyday actions to help keep you and your loved ones healthy this season.

