6 Tips for Staying Healthy this Virus Season

Reduce your risk of catching and spreading respiratory viruses like flu, COVID-19 and RSV.

Stay Up to Date on Vaccines

Vaccines are the best protection against severe illness. Visit MyTurn.ca.gov to schedule your vaccines or contact your health care provider.

- **Flu and COVID-19 vaccines** are available for everyone 6 months and older.
- **RSV immunizations** are available for infants and some young children, pregnant people and adults 60 years and older.

Stay Home if You're Sick

Stay home and away from others if you have any symptoms of flu, COVID-19, or RSV.

Test and Treat

Test for COVID-19 and flu if you have symptoms. If you test positive, contact your health care provider and ask about medications. Medications work best when started right after symptoms begin. Learn more about COVID-19 treatments.

Consider Wearing a Mask

Consider wearing a mask in public indoor or crowded spaces especially if you or your family is at higher-risk for severe illness.

Wash Your Hands

Wash your hands often, with soap and warm water, for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

Cover Your Cough or Sneeze

Cough or sneeze into your elbow, arm, or a disposable tissue. Make sure to wash your hands or sanitize and dispose of your tissue after.

Scan the QR code to see interactive links on this flyer

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