



RESPIRATORY VIRUSES AND YOUR CHILD



What can you do to help protect children from respiratory viruses like COVID-19, flu, and RSV, and minimize the burden on schools and the healthcare system?

REMEMBER RESPIRATORY HYGIENE



Ensure your eligible children are vaccinated against the flu and COVID-19.



If you feel sick, stay home.



Teach your children to thoroughly wash their hands often.



Cover your mouth using a tissue or your bent arm when coughing or sneezing.



Clean and disinfect high touch surfaces.



If you have symptoms and you need to leave home, wear a mask.