TIPS FOR HEALTHY RESPIRATORY HABITS

Stay up to date with your vaccines

Prevent severe illness by staying up to date with vaccines including COVID-19, flu, and RSV (if eligible).

Stay home when you're sick

When you have symptoms of a respiratory illness, stay home and away from others to avoid spreading germs. If eligible, get treatment for flu or COVID-19.

Wash your hands regularly

Wash your hands with soap and water for at least 20 seconds.

Cover your mouth and nose with a tissue or your elbow when you cough or sneeze

Dispose of used tissues and wash your hands afterwards.

Avoid touching your face

Germs on your hands can enter your body through your nose, eyes, and mouth and make you sick.

Take steps for cleaner air

Improve indoor air quality by opening windows, using fans, and using air filters. When possible, move activities outdoors.

For more information visit **vdh.virginia.gov/respiratory-diseases**

VDH VIRGINIA DEPARTMENT OF HEALTH