# 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**

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