

WAYS TO STAY HEALTHY

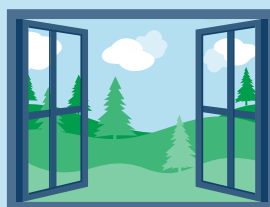
Get Immunizations



Clean Hands and Cover Coughs



Take Steps for Cleaner Air



Layering prevention strategies can be especially helpful when:

- Respiratory viruses are causing a lot of illness in your community.
- You or those around you have risk factors for severe illness.
- You or those around you were recently exposed, are sick, or are recovering.

IF YOU BECOME ILL

Stay Home When Sick



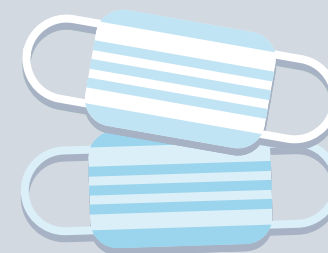
Get Tested



Seek Treatment



Wear a Mask



Stay home and away from others until:



Your symptoms are getting better.



You are fever-free (without meds).

Then take added precautions *for the next 5 days* such as wearing a mask and washing hands frequently.