

Help reduce the spread of respiratory viruses

Respiratory viruses increase in the fall and winter. This year, several respiratory viruses are circulating at the same time, including:

- ▶ COVID-19
- ▶ flu (influenza)
- ▶ respiratory syncytial virus (RSV)

Preventing the spread

Respiratory viruses spread in several ways. That's why using several layers of protection is the most effective way to help reduce your risk of getting and spreading viruses.

It's important to:



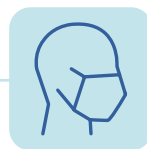
get your annual flu shot



stay up to date with your COVID-19 vaccinations



stay home when sick



wear a mask in public indoor settings



clean your hands often



improve indoor ventilation when possible by opening a window or door



avoid touching your face with unclean hands



cover your coughs and sneezes with a tissue or the bend of your arm



clean and disinfect high-touch surfaces and objects frequently



pay attention to public health alerts and advice in your community

For more information: Canada.ca/respiratory-viruses



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