

# Help reduce the spread of respiratory infectious diseases



In Canada, respiratory infectious diseases usually increase in the fall and winter and many can circulate at the same time. This includes illnesses such as:

- > the flu (influenza)
- > COVID-19
- > respiratory syncytial virus (RSV)

## Reducing the spread

Respiratory infectious diseases can spread in different ways, including from person to person and through contact with contaminated surfaces or objects. Use these effective actions to help reduce your risk of getting and spreading illnesses.



Stay up to date with your vaccinations, including your flu and COVID-19 vaccines.



Wash your hands regularly with soap and water or, if unavailable, use a hand sanitizer containing at least 60% alcohol.

- > Avoid touching your eyes, nose and mouth with unclean hands.



Stay home when you're sick.



Cover your coughs and sneezes with a tissue or your elbow.



Wear a well-fitting respirator or mask when appropriate.

- > For example, in crowded settings or when you're sick and must enter a public setting.



Clean and disinfect high-touch surfaces and objects often.



Improve indoor ventilation when possible by opening a window or door.



Pay attention to public health alerts and advice in your community.

For more information:  
[canada.ca/respiratory-diseases](https://canada.ca/respiratory-diseases)

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