



PROTECT AGAINST RESPIRATORY VIRUSES

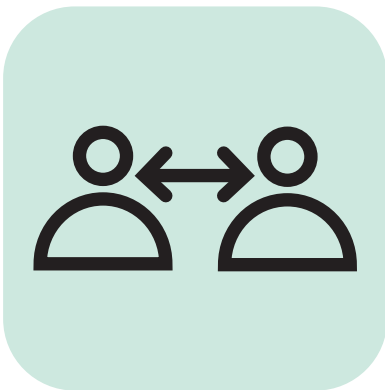


Respiratory viruses may begin as mild, cold-like illnesses, but they can become more severe a few days later.

 Be cautious around infants or young children who were born prematurely, have chronic lung or heart disease or a weakened immune system.

 Call your healthcare provider if children are having difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms.

Protect children in your care by preventing respiratory viruses:



**Avoid close contact
with sick people**



**Wash your
hands often**



**Cover your coughs
& sneezes**



**Avoid touching your
face with unwashed
hands**



**Clean & disinfect
surfaces**



**Stay home when
you're sick**

For more information, visit [cdc.gov/rsv](https://www.cdc.gov/rsv).