

# Additional Prevention Strategies

**Wear Masks**

**Take A Test**



## Resources

### Find More Information on Vaccines

- [bit.ly/FluPHL](https://bit.ly/FluPHL)
- [bit.ly/COVIDvaxPHL](https://bit.ly/COVIDvaxPHL)
- [bit.ly/RSVvaxPHL](https://bit.ly/RSVvaxPHL)

### Find a Health Provider

[www.phila.gov/primary-care](http://www.phila.gov/primary-care)

### Ask the Health Department

215-685-5488 (open Monday-Friday  
8:30 a.m. - 5:00 p.m.)

For interpretation, press 2 for Spanish;  
press 3 for interpretation in your  
language.

Dial 711 for TRS/TTY assistance.

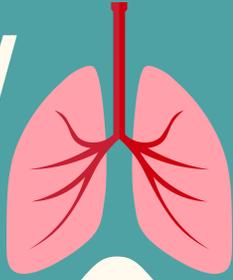
## THE GUIDE TO RESPIRATORY VIRUS SEASON



### Use additional strategies when:

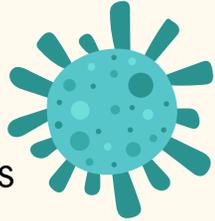
- Many people in your community are sick.
- You, or those around you, were recently exposed, are sick, or are recovering.
- You, or those around you, are more likely to get severely sick.

# What's a Respiratory Virus?

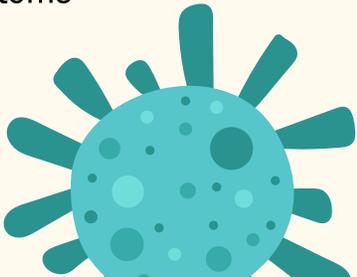


A respiratory virus is a type of virus that infects your respiratory system (nose, throat, lungs, and airways).

Respiratory viruses can affect us all, but people who are more likely to get **severely** sick are:



- older adults
- infants and children
- people with disabilities
- pregnant people
- people with certain health conditions
- people with weakened immune systems



The most common types of respiratory viruses include:

- RSV
- COVID-19
- Flu

## Respiratory Virus Symptoms

-  **Headache**
-  **Fever**
-  **Fatigue**
-  **Cough**
-  **Chills**

## Prevent Illness



- Get Vaccinated
- Wash Hands
- Take Medicine as Needed
- Stay Home to Prevent Spread
- Improve Air Circulation



If you are feeling sick, **stay home** and away from others for **24 hours** until **BOTH:**

- Your symptoms are getting better
- You are fever-free (without meds)

Then take added precautions for the next **5** days.

*If you have questions, check-in with your healthcare provider.*