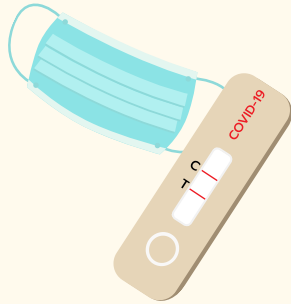


Additional Prevention Strategies

Wear Masks

Take A Test



Resources

Find More Information on Vaccines

- bit.ly/FluPHL
- bit.ly/COVIDvaxPHL
- bit.ly/RSVvaxPHL

Find a Health Provider

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.

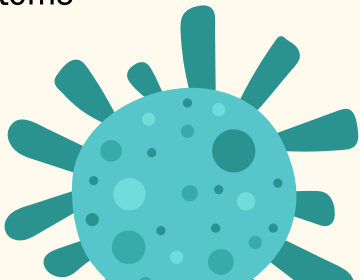
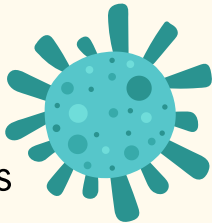
What's a Respiratory Virus?



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.