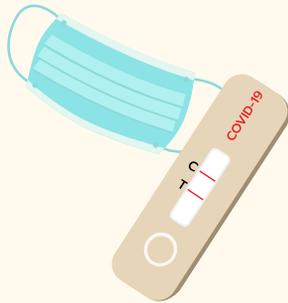


Lòt Prevansyon Estrateji

Mete Mask

Fè Yon Tès



Resous

Jwenn Plis Enfòmasyon sou Vaksen yo

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

Jwenn yon Founisè Sante

www.phila.gov/primary-care

Mande Depatman Sante a

215-685-5488 (Louvri Lendi-Vandredi
8:30 a.m. - 5:00 p.m.)

Pou entèpretasyon, peze 2 pou
Espanyòl; peze 3 pou entèpretasyon
nan lang ou.

Rele 711 pou asistans TRS/TTY.

GID

POU

SEZON

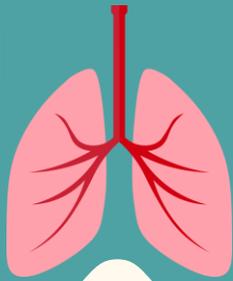
**VIRIS
RESPIRATWA A**



Itilize lòt estrateji lè:

- Anpil moun nan kominote w la malad.
- Ou menm oswa moun ki bò kote ou te ekspozè dènyèman, malad, oswa ap rekipere.
- Ou menm, oswa moun ki bò kote w yo, gen plis chans pou tonbe malad grav.

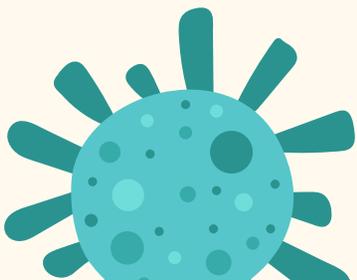
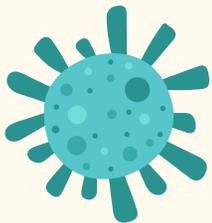
Kisa yon Viris Respiratwa ye?



Yon viris respiratwa se yon kalite viris ki enfekte sistèm respiratwa ou (nen, gòj, poumon ak vwa respiratwa yo).

Viris respiratwa yo ka afekte nou tout, men moun ki gen plis chans pou vin **malad** yon fason grav yo se:

- granmoun aje yo
- tibebe ak timoun
- moun ki gen andikap
- moun ansent
- moun ki gen sèten pwoblèm sante
- moun ki gen sistèm defans ki afebli



Kalite viris respiratwa ki pi kouran yo gen ladan:

RSV

COVID-19

Grip

Sentòm Viris Respiratwa a



Tèt fè mal



Lafyèv



Fatig



Tous



Frison

Anpeche Maladi



Pran Vaksen

Lave Men

Pran Medikaman Jan Sa Nesesè

Rete Lakay Ou pou Anpeche Gaye

Amelyore Sikilasyon Lè a



Si ou santi w malad, **rete lakay ou** epi lwen lòt moun pandan **24 èdtan** jiskaske **ALAFWA:**

- Sentòm ou yo ap amelyore
 - Ou pa gen lafyèv (san medikaman)
- Aprè sa, pran plis prekosyon pandan pwochen jou **5** jou yo.

Si ou gen kesyon, kontakte founisè swen sante w la.