Simple Steps to Stay Healthy

VERMONT
DEPARTMENT OF HEALTH

Every fall and winter, respiratory viruses like flu, COVID-19, and RSV cause people to get sick. People at higher risk of severe illness from respiratory viruses are older adults, young children, people with compromised immune systems, people with disabilities, and pregnant people.

Everyone should take these simple steps to stay healthy.

1

Get vaccinated.

Vaccines are one of the most important prevention tools. Being vaccinated reduces your risk of severe illness and if you do get sick, they can make your symptoms milder and not as long-lasting. Everyone six months and older should get this year's COVID-19 and flu shots. Talk to your doctor to see if RSV immunizations are right for you and your family.

2

Prevent the spread of germs.

Wash your hands often, cover your coughs and sneezes, avoid contact with others if you or they are sick and improve airflow. Consider wearing a mask, especially if you or people you are with have a higher risk of serious illness, or if you have recently been around someone who is sick.

3

Talk to your doctor about treatment options.

Antiviral medications for COVID-19 and flu work best when taken as soon as possible after symptoms begin. They are recommended for those at higher risk of getting very sick.

Find more prevention tips at **HealthVermont.gov/StayHealthy**