What can you do to help protect children from respiratory viruses like COVID-19, flu, and RSV, and minimize the burden on schools and the healthcare system?

Ensure your eligible children are vaccinated against the flu and COVID-19.

If you feel sick, stay home.

Teach your children to thoroughly wash their hands often.

Cover your mouth using a tissue or your bent arm when coughing or sneezing.

Clean and disinfect high touch surfaces.

If you have symptoms and you need to leave home, wear a mask.

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