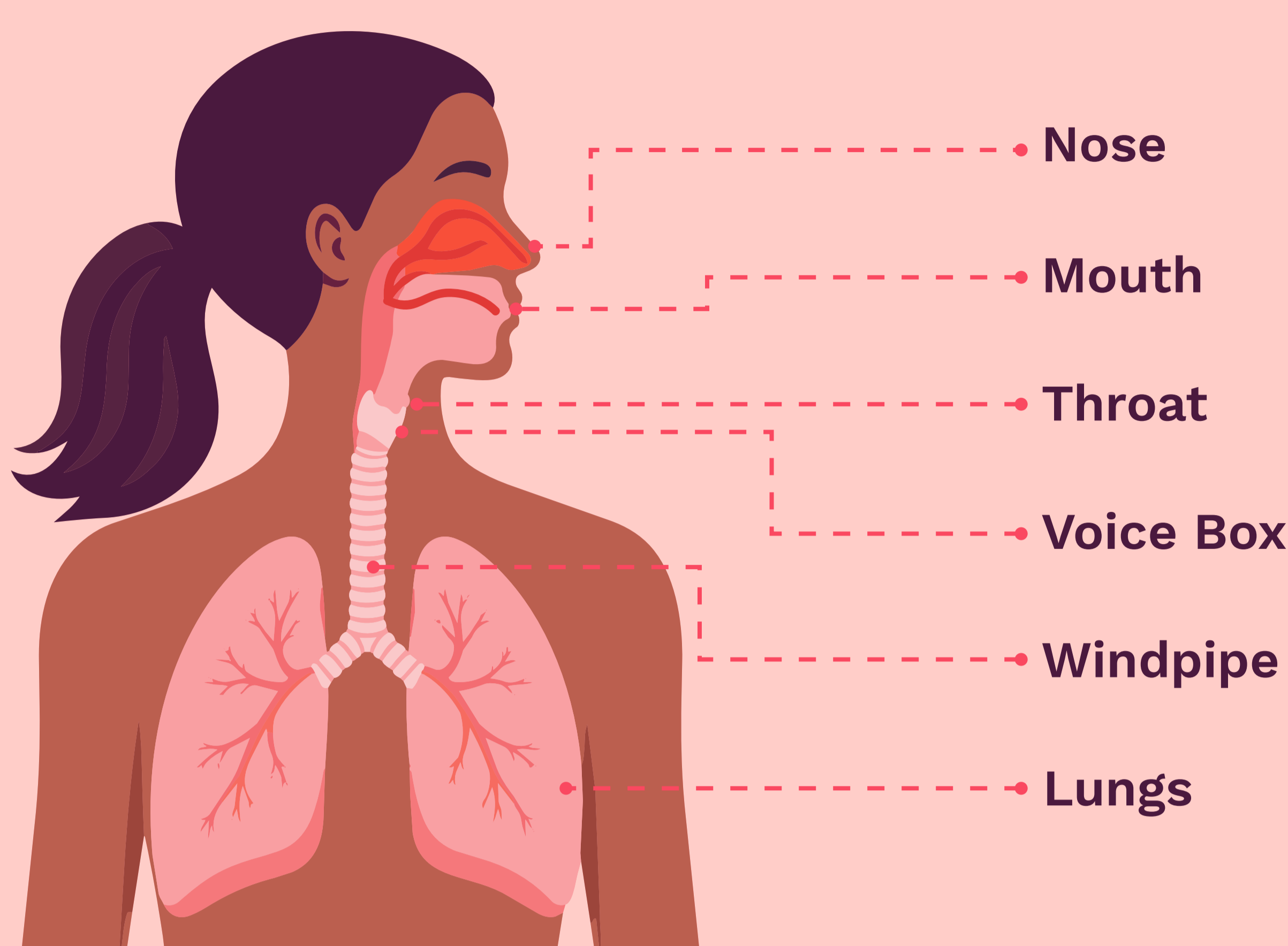


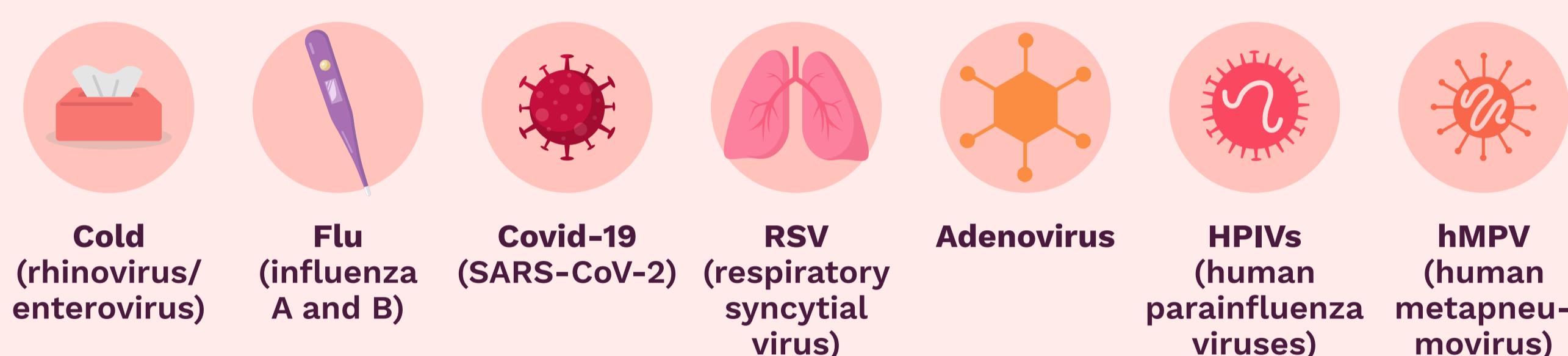
All About Respiratory Viruses

Peak respiratory virus season is in the fall, but these viruses can make us sick all year long. Here are steps you can take to protect yourself and others.

Respiratory illnesses come from viruses that affect the **respiratory system**.



Common respiratory illnesses:



Respiratory illnesses cause symptoms, such as:

- Cough
- Runny or stuffy nose
- Sneezing
- Sore throat
- Chills
- Fever
- Headache
- Body aches
- Tiredness
- Wheezing



Who is at risk for respiratory illness?

Anyone can get sick from a respiratory virus, but some people have a higher chance of serious illness



- Older adults
- Young kids
- People with weakened immune systems
- Pregnant people
- People with disabilities
- People with certain health conditions, like:
 - Lung disease
 - Diabetes
 - Heart disease

How can we protect ourselves and others from respiratory viruses?

Stay up to date on all recommended vaccines, especially for **flu, RSV and Covid-19**. Vaccines can help protect you from serious illness from respiratory viruses.

Other steps you can take to avoid getting sick from respiratory viruses

- Wash your hands often
- Avoid touching your face
- Wipe down doorknobs and other commonly touched surfaces
- Stay home when you're feeling sick
- Keep sick kids home from school
- Use an air purifier
- Wear a mask in public

Not sure if you're due for a vaccine? Need help figuring out how to get vaccinated? Ask your healthcare provider, call your local health department or visit [vaccinefinder.org](https://www.vaccinefinder.org).