

Protect against flu, RSV, and COVID-19.

You're more likely to get very sick if you're:

- 5 or younger.
- 65 or older.
- Pregnant.
- Living with a health condition, like lung disease, heart disease, or weakened immune system.

Use these healthy habits to protect yourself and those around you:

- Get vaccinated.
 - ✓ Everyone 6 months or older should get annual flu and recommended COVID-19 vaccines.
 - ✓ People 75 or older should get RSV vaccine.
 - ✓ People 50–74 years old with certain high-risk conditions should get RSV vaccine.
 - ✓ Pregnant? Get RSV vaccine at 32–36 weeks or baby should get RSV protection at birth.
- Wash your hands.
- Cover your coughs and sneezes.
- Stay home when you're sick.
- Avoid places where people are sick.

Learn more at tpchd.org/protect.



Have a young child?

Each year in the U.S., 58,000–80,000 children 5 or younger are hospitalized with RSV.



65 or older?

You're at highest risk for severe illness or death from COVID-19.



Pregnant?

If you get the flu, your risk for preterm labor and preterm birth increases.



Have heart failure?

You're 8 times more likely to be hospitalized with RSV.