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 flu and COVID-19 vaccine.
  - ✓ People 60 or older can 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.