

# 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 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](https://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.