

Tips for Staying Healthy this Virus Season

Reduce your risk of catching and spreading respiratory viruses like flu, COVID-19 and RSV

Stay Up to Date on Vaccines

Vaccines are the best protection against severe illness. Visit [MyTurn.ca.gov](https://myturn.ca.gov) to schedule your vaccines or contact your health care provider.

- [Flu and COVID-19 vaccines](#) are recommended for everyone 6 months and older.
- [RSV immunizations](#) are recommended for eligible pregnant people, older adults, infants and toddlers.

Stay Home if You're Sick

Stay home and away from others if you have any symptoms of [flu](#), [COVID-19](#) or [RSV](#).

Test and Treat

[Test for COVID-19](#) and flu if you know you've been exposed or have symptoms. You may be eligible for [prescription COVID-19 treatments](#) or flu treatment. Talk to your doctor.

Consider Wearing a Mask

Consider [wearing a high-quality mask](#) in crowded or indoor areas, especially if you're sick.



Wash Your Hands

Wash your hands often with soap and warm water for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

Cover Your Cough or Sneeze

Cough or sneeze into your elbow, arm or a disposable tissue. Make sure to wash your hands or sanitize and dispose of your tissue after.

Ventilate Indoor Spaces

Open doors and windows as much as possible to bring in fresh outdoor air. This helps keep virus particles from building up indoors.