

# Protect Yourself from Respiratory Viruses

Older adults, especially those with weakened immune systems, are at greater risk for getting very sick from respiratory viruses. Take these steps to lower your risk.

## Stay Up to Date on Vaccines

As we get older, we need updated vaccines to keep our immune systems healthy and strong. Vaccines are our best protection against severe illness, hospitalization, and death from **flu, COVID-19, and RSV**.

Talk to your health care provider to make sure you're **up to date on all your vaccines!**

## Get COVID-19 and Flu Treatments

If you have symptoms, contact your health care provider to get tested (or take an at-home COVID-19 test). If you test positive, ask your health care provider about prescription treatments to prevent symptoms from getting serious. **Act fast, most of these medications must be taken within the first 5 days** of symptoms.

## Consider Extra Precautions to Prevent Spread

- Wear a mask in crowded indoor spaces
- Increase ventilation by opening windows and doors
- Stay away from others if you're sick
- Wash your hands often
- Cover your cough or sneeze



Need more info? [go.cdph.ca.gov/respiratory-viruses](https://go.cdph.ca.gov/respiratory-viruses)

