

# Tips to Stay One Step Ahead of Viruses



COVID-19, influenza, RSV, and other viral respiratory infections take a toll on families across the country, and the threat of serious illness is greater for seniors and people who are immunocompromised.<sup>1</sup> Follow these tips to keep you and your loved ones safe.

## DON'T SKIP SHOTS



Stay up to date on recommended vaccines for you and your loved ones based on age and health conditions.



Schedule vaccine appointments before virus season peaks in the fall and winter.



If a vaccine is not an option for you or a loved one, talk to your doctor about what other options may be available.

## BETTER HYGIENE HABITS

1

Wash your hands often, especially after handling high-touch surfaces (bathrooms, doorknobs, phones).

2

Avoid touching your eyes, nose or mouth, especially with unwashed hands.

3

Avoid sharing drinks, utensils, towels, or other personal items, even with loved ones.

4

Keep your immune system strong with a healthy diet, regular exercise and consistent sleep.

## SAFER SHARED SPACES



Regularly disinfect high-touch surfaces and items in the home and workplace.



Improve indoor air quality with HEPA filter air purifiers in common areas.



Use masks and social distancing for an added layer of protection in public spaces.

## WHEN SOMEONE IS SICK

Contact your doctor if you or a loved one is at high risk and follow guidance to best manage symptoms. Stay home to keep others safe, and when caregiving requires close proximity, use masks, distance, and well-ventilated areas to limit exposure.



# The best protection is prevention.

Stay connected to the latest innovations in immune defense:

[CAREGIVERACTION.ORG/IMMUNITY](https://www.caregiveraction.org/immunity)