

8 Healthy Habits to Prevent Respiratory Illness



It is common to get sick from respiratory viruses such as COVID-19, flu, and respiratory syncytial virus (RSV), especially in the fall and winter. Protect yourself and others with the following healthy habits:



Cover Coughs & Sneezes

Use a tissue or your sleeve to cover coughs and sneezes. You can wear a mask around others if you are sick.



Wash Hands

Wash hands often with soap and water. Use alcohol-based hand sanitizer if soap and water are not available.



Stay Home

Stay home if you are sick. Stay away from others who are sick if possible.



Get Fresh Air

Open windows or use air filters when possible to increase fresh air in the home, school, or office.



Get Vaccinated

Stay up to date on vaccines such as flu, COVID-19, RSV, and pneumonia to reduce the risk of infection and severe illness.



Don't Touch...

Avoid touching your eyes, nose, and mouth. Never touch your face with unwashed hands.



Clean & Disinfect

Clean and disinfect surfaces and objects that are touched often. Follow instructions on the cleaning product label.



Talk to Your Health Care Provider

Talk to your health care provider for respiratory illness prevention advice specific to your health risks.