

5 TIPS FOR HEALTHY RESPIRATORY HABITS



Stay up to date on your vaccines



Avoid severe illness by staying up to date with your flu and COVID-19 vaccines

Stay home when you're sick

Avoid close contact with people so you do not spread germs to others when you are sick



Wash your hands regularly



Wash your hands with soap and water for at least 20 seconds

Cover your mouth and nose with a tissue or your elbow when you cough or sneeze

Dispose of used tissues and wash your hands afterwards



Avoid touching face, nose, mouth, and eyes to avoid the risk of infection