

RESPIRATORY VIRUS SEASON IS HERE

**THE POWER TO PROTECT
BEGINS WITH
YOU!**



**The CDC estimates that the flu has caused 9.3 million to 41 million illnesses annually between 2010 and 2023. There's no time to get sick when your family depends on you. Protect your family this respiratory virus season.
Receive your updated flu vaccine today!**



Learn More:

Scan the QR code or
visit: **CoverYourCough.ky.gov**



Kentucky Public Health
Prevent. Promote. Protect.

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The CDC recommends RSV vaccines for all adults ages 75 years and older, and for adults ages 60-75 who:

- Have chronic heart or lung disease
- Have a weakened immune system
- Have certain other medical conditions, including severe obesity and severe diabetes
- Live in a nursing home or other long-term care facility



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Respiratory syncytial virus (RSV) is a widespread respiratory virus that typically causes mild, cold-like symptoms. However, RSV can lead to severe illness in infants under one year old. If you are pregnant, ask your doctor about getting the RSV, COVID and flu vaccinations to protect you and your baby.



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Stay up to date with
vaccinations



Wash your hands often



Stay home if you are sick



Cover your cough and
sneezes



Consider wearing a mask if you are high-risk for
serious illness

Vaccines are one of the safest ways to protect yourself and loved ones against serious illness this respiratory virus season. Protect yourself and the people that depend on you by talking to your health care provider or pharmacist about recommended flu, COVID-19 and RSV vaccines today.



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