Protect your child from respiratory illnesses such as RSV, flu, and COVID-19

Maryland DEPARTMENT OF HEALTH

Wash your hands often.

Use soap and water and wash for at least 20 seconds.

Cover your coughs & sneezes.

Use a tissue or your upper sleeve, not your hand.

Stay home when you're sick.

Keep sick children home, as well.

Get your flu & COVID shots.

Contact your primary care provider, pharmacy or find a flu clinic at MarylandVax.org.

Clean and disinfect frequently touched surfaces.

Such as door knobs and mobile devices.

Avoid touching your face with unwashed hands.

Consider wearing a mask.