

Take steps to **protect children** against serious viruses like Flu, RSV & COVID-19



It's that time of year—

Many children may get cold-like symptoms, including a runny nose, coughing, sneezing, fever, or a decrease in appetite. Most will feel better in a few days or weeks. But for some children, cold-like symptoms turn out to be a seasonal virus such as flu, [RSV](#), and COVID-19 that can be serious. Some

infants and children who are immunocompromised or living with a chronic medical condition could get a serious virus that leads to breathing difficulties or a trip to the hospital. The Maryland Department of Health (MDH) urges parents and caregivers to **take steps to help protect loved ones against serious viruses.**

<p>Wash your hands often.</p> <p>Use soap and water and wash for at least 20 seconds.</p> 	<p>Cover your coughs & sneezes.</p> <p>Use a tissue or your upper sleeve, not your hand.</p> 	<p>Stay home when you're sick.</p> <p>Keep sick children home, as well.</p> 
<p>Avoid touching your face with unwashed hands.</p> 	<p>Clean & disinfect frequently touched surfaces.</p> <p>Such as door knobs and mobile devices.</p> 	<p>Get your flu & COVID shots.</p> <p>Contact your primary care provider, pharmacy or find a flu clinic at MarylandVax.org.</p> 
<p>Consider wearing a mask.</p> 	<p>It's safe and effective for children to receive a flu shot and COVID-19 vaccine on the same day. Find a flu clinic or COVID-19 vaccine at https://www.marylandvax.org or contact your primary care provider, pharmacy, or local health department.</p>	

More about vaccinations: MDH recommends all children over 6 months of age receive the flu vaccine each year in early fall. It's not too late to receive the vaccine now. Children under 5 years of age are at risk of getting seriously ill from the flu, and older children can spread it to high risk family members. MDH also recommends the new COVID-19 booster, which is safe for children 5 years of age and older, who have received their primary COVID-19 series shots, and received their most recent booster at least two months ago.

For more information, visit MDH's RSV webpage at health.maryland.gov.