

Layer Up to Stay Well this Winter

In winter, respiratory illnesses like COVID-19, [Respiratory Syncytial Virus \(RSV\)](#), flu and colds spread quickly and can make you and your loved ones very sick. Just as we bundle up with hats, mittens and coats to fend off cold weather, now is the time to layer up to stay well this winter.

HOW TO LAYER UP



Get your **flu shot** and **COVID-19 bivalent booster**

- The bivalent vaccine targets the Omicron variant and is very important for protection against COVID-19 strains currently circulating – everyone age 5 and older should get one this winter
- Children under five are not eligible for the bivalent booster, but should receive their primary series of monovalent vaccine – the first vaccine dose a person needs to develop a strong initial immune response against COVID-19
- Everyone age 6 months and older should also get a flu vaccine – this year's flu vaccine is a good match for the virus that's circulating
- The flu shot and COVID-19 vaccine can be conveniently received at the same time



Wear a **well-fitting mask**

- Masks are strongly recommended in all indoor public settings, including schools, child care and crowded environments – this is especially important to protect others if you have symptoms



Check yourself and loved ones daily for symptoms, stay home when sick and get tested when needed



Practice good hand hygiene, wash your hands often, sneeze or cough into your elbow



Regularly clean high-touch surfaces – particularly important for flu and [Respiratory Syncytial Virus \(RSV\)](#)



WHY SHOULD I LAYER UP?

Because we all want to get sick less often and get less sick when we do. Layering up protects you and others and helps us all enjoy our lives and winter adventures. Book now and view York Region Public Health clinic walk-in locations and hours at york.ca/covid19vaccine or call 1-877-464-8675. Vaccines are also available at many [pharmacy locations](#) and some health care providers. Stay well and layer up!

Stay safe. Stay Informed.
york.ca/COVID19VaccineInfo


York Region