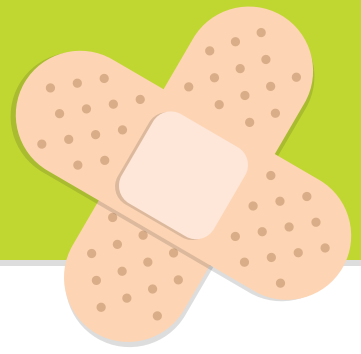


PROTECT WHAT MATTERS: YOUR HEALTH

THIS RESPIRATORY SEASON



BUILD YOUR PROTECTION: LAYER YOUR DEFENSES

Combining simple actions together is the best way to reduce the spread of illness and protect yourself and those around you. The more layers you use, the stronger your protection.



Get vaccinated



Wash your hands often



Stay home when you're sick



**Cover your coughs and sneezes
(use a tissue or your sleeve)**



**Consider wearing a mask in
crowded and high-risk settings**

YOU DON'T HAVE TO BE HIGH RISK TO GET SICK

Many people who get flu, COVID-19 or RSV don't expect it. They feel well, stay active and don't see themselves as "high risk."

While older adults, infants and people with chronic conditions are more likely to become seriously ill, anyone can get sick. Even a mild infection can mean missed work or school, cancelled plans with family and friends, and spreading illness to others.

Vaccination helps reduce these disruptions and protects the people around you by giving your immune system head start. It helps your body recognize and respond to a virus faster if you're exposed.

Everyday benefits of vaccination include:

- ✓ Saving your sick days for when you really need them
- ✓ Staying on track with work, school and other responsibilities
- ✓ Feeling more confident to enjoy social gatherings and events
- ✓ Helping protect those around you who may be at higher risk of severe illness



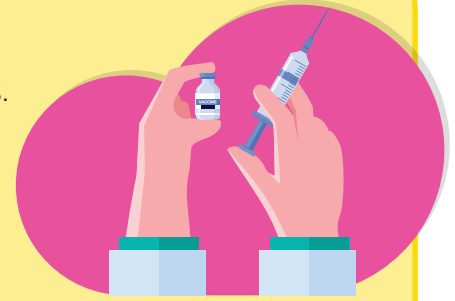
PUBLIC HEALTH
1-877-464-9675
TTY: Dial 711
york.ca/VirusSeason

WHY YOU NEED FLU AND COVID-19 VACCINES EVERY YEAR

Flu and COVID-19 viruses change over time, and new strains and variants can emerge. Protection from past infection or vaccination can decrease over time and may not provide the same level of protection against these newer versions.

That's why updated flu and COVID-19 vaccines are recommended every year. Even when vaccines aren't a perfect match for circulating strains, they can help reduce how sick you get and how long you're sick for.

Some protection is better than none.



WHY RSV IMMUNIZATION IS IMPORTANT

RSV can affect people of all ages, but young children, older adults and those with certain health conditions or weakened immune systems are at greater risk of severe illness.

Immunization is available for infants, high-risk children, and older adults to help prevent severe RSV infection and reduce the risk of hospitalization.



DID YOU KNOW?

RSV is the leading cause of bronchiolitis, a common chest infection that affects infants and toddlers. It is also one of the main reasons babies are hospitalized.



GETTING VACCINATED IS EASY

Flu, COVID-19 and RSV vaccines are widely available. You can get vaccinated at participating:

- ✓ Pharmacies (only flu and COVID-19)
- ✓ Health care provider's offices
- ✓ Medical walk-in clinics
- ✓ Long-term care homes and retirement homes (for staff and residents)
- ✓ York Region Public Health vaccine clinics (for high-risk groups). Book an appointment at [York.ca/VirusSeason](https://york.ca/VirusSeason)

Before visiting, check if the location is offering vaccines and if an appointment is required.



WHAT TO EXPECT AFTER VACCINATION

Many people have no side effects after vaccination. If they occur, side effects are usually mild, such as a sore arm, fever or muscle aches, and go away within a few days. These symptoms are a normal sign that your immune system is responding to the vaccine. Serious side effects are very rare.

It's normal to have questions! If you have questions, talk to a health care professional.

A small, short-term inconvenience can help prevent a much bigger one later. Get vaccinated this fall when you're eligible so you can focus on what matters most!