

RESPIRATORY SYNCYTIAL VIRUS (RSV) PROTECTION GUIDE

RSV is easily spread through coughs, sneezes, and close physical contact, like cuddles and kisses. Talk with your family and friends about practicing the following healthy habits to help protect your baby from RSV:

1

Wash your hands often.

2

Clean and disinfect surfaces, including your baby's toys.

3

Avoid close contact with anyone who has cold or flu-like symptoms.

4

If you have cold or flu-like symptoms, avoid kissing or touching your baby.

5

Use your elbow to cover your face when coughing or sneezing.

6

Avoid sharing utensils if you have cold or flu-like symptoms.

LEARN MORE ABOUT RSV BY VISITING [KNOWINGRSV.CA](https://www.knowingrsv.ca)
OR SCAN THE CODE BELOW

