Simple Steps to Stay Healthy

VERMONT
DEPARTMENT OF HEALTH

Shorter days and colder weather mean more time indoors –and being more likely to get sick with viruses that affect your lungs or breathing, like **COVID-19, flu, RSV and colds.**

Take these 3 simple steps to stay well

1 **Get vaccinated.**

This is the first and most important step in protecting against flu and COVID-19—especially for people at higher risk of getting very sick. Vaccines are available at local pharmacies, doctors' offices, and other locations.

2 **Prevent the spread of germs.**

Wash your hands often, avoid contact with others if you or they are sick, cover up coughs and sneezes, and consider wearing a mask.

3 **Talk to your doctor about treatment options.**

If you tested positive for COVID-19 or flu and are at risk of getting very sick, your doctor may prescribe an anti-viral medicine that can help reduce your symptoms, length of illness, and risk of needing medical attention.

Find more prevention tips at **HealthVermont.gov/prevent-COVID**