

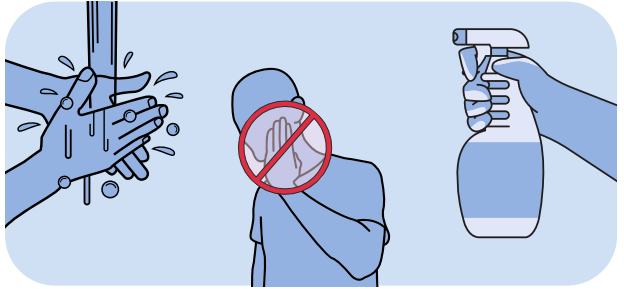
# Protect Your Child

## from Winter Viruses

Flu, RSV & COVID-19 are currently circulating. Here are some steps you can take to protect yourself & your loved ones.

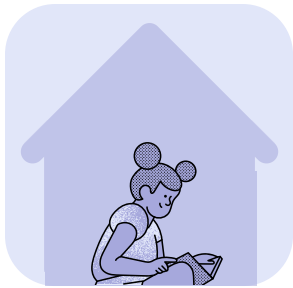


Get vaccinated  
& boosted



Practice good hygiene

Wash your hands often, avoid touching your face with unwashed hands & clean & disinfect surfaces



Stay home if  
you're sick



Consider  
wearing a mask



Cover your  
cough or sneeze

for more information:

[longbeach.gov/flu](https://longbeach.gov/flu) | [longbeach.gov/rsv](https://longbeach.gov/rsv)  
[longbeach.gov/covid19](https://longbeach.gov/covid19) | 562.570.7907