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  |  longbeach.gov/rsv
longbeach.gov/covid19  |  562.570.7907