There are many tools that can help protect you and your family from respiratory illnesses, like influenza (flu), COVID-19 and RSV.

You can decide how and when to use these tools while making sure you are supporting your overall physical and mental health. For example, you may apply more tools if you are at higher risk of serious illness.

- Vaccines
- Stay home if sick
- Clean hands
- Mask & cover your coughs
- Good airflow
- Respect personal space
- Clean surfaces
- Test & treat

Your family and community can support each other.
Call 8-1-1 or chat with a health care provider about your concerns.

See the next page to learn more about each tool.
Your personal toolkit

Let’s unpack the tools

**Vaccines**
Staying up-to-date with your vaccinations, including COVID-19 vaccines and the yearly flu shot, will give you the best protection against serious illness.

**Stay home if sick**
If you feel sick, stay home or away from others. Resting can help you recover and reduce spread to others.

**Clean hands**
Wash your hands with soap and water or use hand sanitizer often, such as before eating, after being in public spaces or handling shared objects.

**Mask & cover your coughs**
Wear a mask in places where it is required, if you are sick and cannot stay away from others, and as a personal choice. Cover your coughs and sneezes with your sleeve.

**Good airflow**
If you have air filtration or ventilation systems, make sure they're in good working order. Open windows and doors to bring in fresh air, if possible.

**Respect personal space**
Help stop germs from spreading by keeping enough space between you and others so everyone feels comfortable.

**Clean surfaces**
Regularly clean and disinfect things that are shared or touched many times, like light switches, door knobs, cell phones, counters and toilets.

**Test & treat**
Most people can manage their symptoms at home with medicines you can buy without a prescription. Anti-viral treatments may be available if you are at higher risk. Talk to a health care provider about options. At-home rapid tests for COVID-19 are available for free in pharmacies to inform treatment.

For more information on respiratory illnesses, go to bccdc.ca