

6 Tips for Staying Healthy this Virus Season

Reduce your risk of catching and spreading respiratory viruses like flu, COVID-19 and RSV.

Stay Up to Date on Vaccines

Vaccines help protect you and others from getting sick. Vaccines also help prevent serious complications and hospitalizations. Visit [M T a.g](#) for more information on how to stay healthy this season.

- [Flu and COVID-19 vaccines](#) can help protect you and others from getting sick. Visit [M T a.g](#) for more information on how to stay healthy this season.
