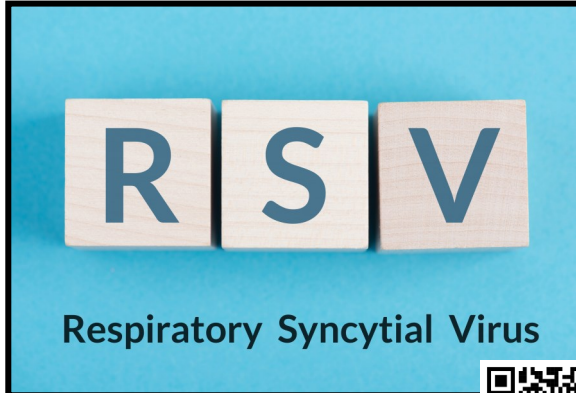


RESPIRATORY SYNCYTIAL VIRUS (RSV)

What you need to know!



KEEP YOU AND YOUR PATIENTS SAFE!

General Information and Ways to Prevent RSV

What is Respiratory Syncytial Virus (RSV)?

RSV is a common respiratory virus that causes mild, cold-like symptoms.

When does RSV season generally start?

RSV season generally starts in Fall and peaks in the Winter in most of the United States.

What are common symptoms of RSV?

- Coughing
- Wheezing
- Fever
- Sneezing
- Difficulty breathing (>100.4 F)

RSV can spread from:

- An infected person coughing & sneezes.
- Direct contact with the virus, like kissing the face of a child with RSV.
- Touching a contaminated surface and then touching your face before washing your hands.

How do we prevent RSV?

- Practice [good hygiene](#) by covering your coughs and sneezes, cleaning your hands often, and frequently cleaning touched surfaces.
- Take [steps for cleaner air](#), such as letting outdoor air in, purifying indoor air, or gathering outdoors.
- [Stay home](#) and away from others when you are sick.



Influenza (Flu)

What you need to know!



**KEEP YOU AND YOUR
PATIENTS SAFE!**

General Information and Ways to Prevent Influenza

What is Influenza (Flu)?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs.

When does Flu season generally start?

Flu season generally starts in Fall and peaks in the Winter between December and February in the U.S.

What are common symptoms of Flu?

- Coughing
- Fever
- Muscle aches
- Sore throat
- Fatigue

Flu can spread from:

- An infected person's coughs & sneezes.
- Touching a contaminated surface and then touching your face before washing your hands.

How do we prevent it?

- [Practice good hygiene](#) by covering your coughs and sneezes, cleaning your hands often, and frequently cleaning touched surfaces.
- [Avoid touching your face](#), especially after touching a sick patient or object they may have touched.
- [Stay home](#) & away from others when you are sick.
- [Get your flu shot!](#) September & October are generally good times to be vaccinated against flu.



COVID-19

What you need to know to help stop the SURGE!



KEEP YOU AND YOUR PATIENTS SAFE!

General Information and Ways to Prevent COVID-19

What is COVID-19?

COVID-19 is a respiratory virus caused by the SARS-CoV-2 virus. It can be very contagious and spread quickly.

When does COVID-19 cases normally surge?

According to the CDC, COVID-19 has winter peaks (most recently in late December 2023 and early January 2024), and has summer peaks (most recently in July and August 2023).

What are common symptoms of COVID-19?

- Coughing
- Difficulty breathing
- Fever
- Sore throat
- Fatigue

COVID-19 can spread from:

- An infected person breathes out droplets and very small particles that contain the virus.
- Other people can breathe in these particles and droplets, or these droplets can land on others' eyes, nose or mouth.

How do we prevent it?

- Practice good hygiene
- Stay home when sick
- Get immunized
- Wear a mask
- Improve ventilation in your workspace

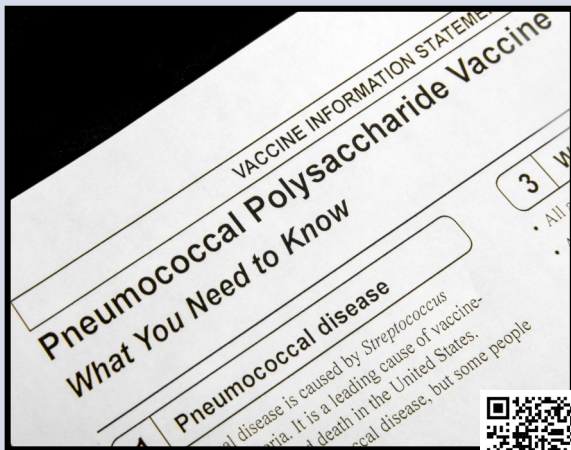
2024-2025 COVID-19 Vaccines for Fall/Winter Virus Season

The CDC recommends everyone six months and older to receive a dose of the updated the 2024-2025 COVID-19 vaccine.



Pneumococcal Disease

What you need to know!



**KEEP YOU AND YOUR
PATIENTS SAFE!**

General Information and How to Prevent Pneumococcal Disease

What is Pneumococcal Disease?

Pneumococcal disease is a name for any infection caused by bacteria called *Streptococcus pneumoniae*, or pneumococcus. Each year, pneumococcal disease hospitalizes more than 150,000 people with pneumococcal pneumonia and causes about 2,000 cases of pneumococcal meningitis.

What are symptoms of pneumococcal disease?

- Pneumonia
- Bacteremia (bloodstream infection)
- Meningitis
- Minor infections (i.e., ear or sinus)

How does pneumococcal disease spread?

- Direct contact with respiratory secretions, like saliva or mucus.

What is the best way to prevent this disease?

[Getting vaccinated](#). The CDC recommends pneumococcal vaccination for:

- Children
 - All children younger than 5 years old.
 - Children 5 through 18 years old with certain risk conditions.
- Adults
 - All adults 65 years or older.
 - 19 - 64 years old with certain risk conditions.



How to talk to your patients about Flu Vaccines



**KEEP YOU AND YOUR
PATIENTS SAFE!**

General Information and Approaches for Flu Vaccines

What is a flu vaccine?

Influenza (flu) vaccines (often called “flu shots”) are vaccines that protect against four strains of influenza that research indicates will be most common during the upcoming season.

What are some key reasons to get a flu shot?

Flu vaccines can help to keep you and your loved ones from getting sick and can also help to reduce the severity of illness in people who get vaccinated but still get sick. They also serve as preventative tools for children, pregnant people and those with chronic conditions, protecting them from the flu.

The “Ask-Tell-Ask” Approach to the Flu Vaccine Conversation

Talking to reluctant patients about the flu shot can be challenging. To ease this process, try using the “Ask-Tell-Ask” approach to pinpoint and address your patients’ reluctance about receiving a vaccine.

- 1) **Ask** open-ended questions to understand your patients’ concern more deeply.
E.g., “*Would you tell me more about why you don’t want a flu shot?*”
- 2) **Tell** or share information about what they do not know.
- 3) **Ask** follow-up questions like “*What are your thoughts now about getting a flu shot?*”

