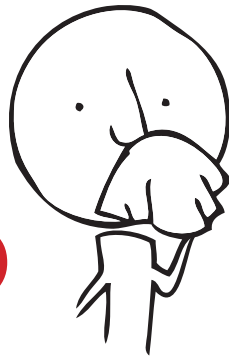


# Help **STOP** **THE SPREAD** of **RSV!**

(Respiratory Syncytial Virus)



It's cold, flu and RSV season in Alaska. RSV is a virus that causes the common cold and other respiratory illnesses.

RSV is especially hard on young children.

Remember, even if you are not sick, you can spread the germs at home or when you travel.

**Don't let it spread, wash instead!**



**Wash your hands**

for 30 seconds in hot soapy water — or use hand sanitizer



**Cough in your sleeve or use tissue**

— then wash your hands



**Stay home if you're sick**

Avoid close contact with others.



Alaska Department of Health and Social Services, Division of Public Health,  
Section of Epidemiology: 907-269-8000 or 1-800-478-0084