

# Vaccines save lives

Protect yourself from respiratory syncytial virus (RSV)



## Have you had a vaccine?

The RSV vaccine can help protect you from the virus. Two RSV vaccines came out in 2023. Have you or your loved one had either one? Ask your health care office, pharmacy or wherever you may have gotten a vaccine. They can check their records or the state vaccine registry. Your health can't wait, talk with your current health care team. They can check what vaccines you should get for your best protection.



## Know the facts about RSV vaccines.

The RSV vaccine is just one dose. You can take it at the same time as other vaccines. You can't get RSV from the vaccine.



## What is RSV?

RSV is like having a cold with a runny, stuffy nose, sore throat and cough, but worse. RSV can also cause fever, tiredness and lack of appetite. Being 60 years of age or older is a risk factor for getting RSV. It is very contagious. People in big groups or long term care facilities are also at risk. For some people, RSV can make them very sick with high fevers, wheezing, a bad cough, breathing fast, chest tightness, fast heartbeat and blue skin from not getting enough air. Each year, thousands of people end up in the hospital or even die from RSV.

Syncytial, the S in RSV, is a type of cell found in those with RSV. This virus can be diagnosed by the symptoms and/or with a laboratory test. It can spread in the air or by touch.

### Ways to prevent RSV:

- **Get the RSV vaccine**
- Wash your hands regularly
- Wear a mask if you have a cough or are near ill people
- Stop smoking
- Maintain a healthy diet
- Keep surfaces clean

Scan to learn more about RSV vaccination:



**Together, we can make a plan for your best protection!**