

Keeping Your Child Healthy this Winter: What Parents Can Do

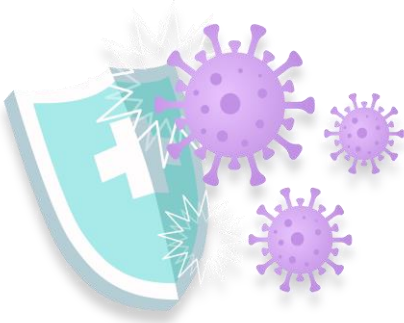
Winter virus season is here! Flu, respiratory syncytial virus (RSV), and the common cold are spreading quickly across the country. COVID-19 continues to infect people too. The good news is there are many ways to help keep your children safe and healthy this holiday season.



- **Stay up to date on flu and COVID-19 vaccines.**

Flu and COVID vaccines protect children from getting very sick.

- Everyone 6 months and older should get a seasonal flu vaccine.
- Everyone ages 5 and older should get an updated COVID booster this season, even if they have already gotten one or more doses of an original booster. The updated booster is due at least 2 months after a final primary series dose or an original booster dose.
- Children ages 6 months through 4 years cannot get a COVID booster yet. But if they have not been vaccinated, now is a great time to start!
- It is safe to get a flu vaccine at the same time as a COVID vaccine.
- Visit ph.lacounty.gov/covidvaccineschedules to learn more.

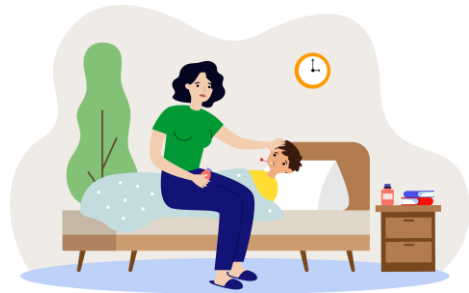


- **Wear well-fitted masks in indoor public spaces.**

Masks are a great way to slow the spread of ALL respiratory viruses, not just COVID. Children ages 2 and older should wear a mask that fits and filters well. Learn more at ph.lacounty.gov/masks.

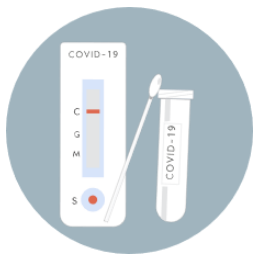
- **Choose outdoor spaces** for gatherings, especially if people will be eating and drinking. Avoid crowded indoor places. If possible, leave your kids at home when you need to run an errand in a crowded place.





- **Improve air flow.** If you need to be indoors, open windows and doors, use fans, or get portable air cleaners.
- **Clean and disinfect commonly touched surfaces,** including toys and play equipment.
- **Cover coughs and sneezes.** Children should cover their mouths and noses with a tissue when they cough or sneeze.
- **Wash hands often,** especially after coughing or sneezing, using the bathroom, or before preparing food. Remind kids to not eat or touch their face with unwashed hands.
- **Keep your kids home when they are sick.** Do not send them to school, daycare, or holiday celebrations. Ask house guests or friends to stay home if they are sick, too.

- **Delay travel until everyone in your family is up to date with their COVID and flu vaccines.** Get tested both before and after the trip.



- **Test for COVID if you have symptoms or you have been exposed to COVID,** even if you are up-to-date with your vaccines. It is also a good idea to test before gatherings, especially if you will be with people who are at high risk of getting very sick from COVID.

Reduce YOUR OWN risk, even if you are up to date with your COVID and flu vaccines.

For more safety tips, visit ph.lacounty.gov/reducerisk.