Protecting yourself and others is important when respiratory viruses are circulating.

**Keep yourself and others safe**
- get vaccinated
- wash hands
- stay home when sick
- use masks

**How to recover at home**
- rest
- water
- healthy diet
- fever medication

**Some may get sicker than others**
- babies
- pregnant women
- elders
- medical conditions

**Contact a health care provider if:**
- difficulty breathing
- chest pain
- signs of dehydration
- worsening symptoms

If you or a loved one are at greater risk of severe illness due to age or health condition, talk with a health care provider about a possible treatment plan. If you don't have a health care provider you can access the First Nations Virtual Doctor of the Day at 1-855-344-3800 seven days a week from 8:30 a.m. to 4:30 p.m.