

Your personal toolkit for cold and flu season



BC Centre for Disease Control
Provincial Health Services Authority

There are many tools that can help protect you and your family from respiratory illnesses, like influenza (flu), COVID-19 and RSV.

You can decide how and when to use these tools while making sure you are supporting your overall physical and mental health. For example, you may apply more tools if you are at higher risk of serious illness.



- Your family and community can support each other.
- Call **8-1-1** or chat with a health care provider about your concerns.

Let's unpack the tools



Vaccines

Staying up-to-date with your vaccinations, including COVID-19 vaccines and the yearly flu shot, will give you the best protection against serious illness.



Stay home if sick

If you feel sick, stay home or away from others. Resting can help you recover and reduce spread to others.



Clean hands

Wash your hands with soap and water or use hand sanitizer often, such as before eating, after being in public spaces or handling shared objects.



Mask & cover your coughs

Wear a mask in places where it is required, if you are sick and cannot stay away from others, and as a personal choice. Cover your coughs and sneezes with your sleeve.



Good airflow

If you have air filtration or ventilation systems, make sure they're in good working order. Open windows and doors to bring in fresh air, if possible.



Respect personal space

Help stop germs from spreading by keeping enough space between you and others so everyone feels comfortable.



Clean surfaces

Regularly clean and disinfect things that are shared or touched many times, like light switches, door knobs, cell phones, counters and toilets.



Test & treat

Most people can manage their symptoms at home with medicines you can buy without a prescription. Anti-viral treatments may be available if you are at higher risk. Talk to a health care provider about options. At-home rapid tests for COVID-19 are available for free in pharmacies to inform treatment.

For more information on respiratory illnesses, go to bccdc.ca