

RSV season has arrived. Get the vaccine to keep yourself safe.

It's more than just the common cold – **RSV** can land you in the hospital or even worse. Just one shot will help protect you and those you love.



Take control of your health by scheduling a time to get your RSV vaccine before sick season is in full force.



While it may start out feeling like a regular cold, RSV can quickly get much worse. The best way to protect yourself is by getting the RSV vaccine.



People are contagious up to two days before they show symptoms and up to four weeks after symptoms go away, which is why getting vaccinated is so important.



Everyone 75 and older or 60 and older with other health issues should get the vaccine if you haven't received it already.



If you have already gotten an RSV vaccine, then you are protected and do not need to get another shot at this time.



RSV can survive for hours on hard surfaces like tables and doorknobs. Wiping down surfaces and washing hands regularly can also help reduce the spread of the virus.



Your health care provider is the best source for vaccine questions. Contact them directly.

The RSV vaccine is available at pharmacies, doctor's offices, community clinics and local health departments.

Go to [MySpot.nc.gov](https://www.myspot.nc.gov) to learn more about how to protect yourself and your family.