

# RSV season has arrived. Keep elders and little ones safe.

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

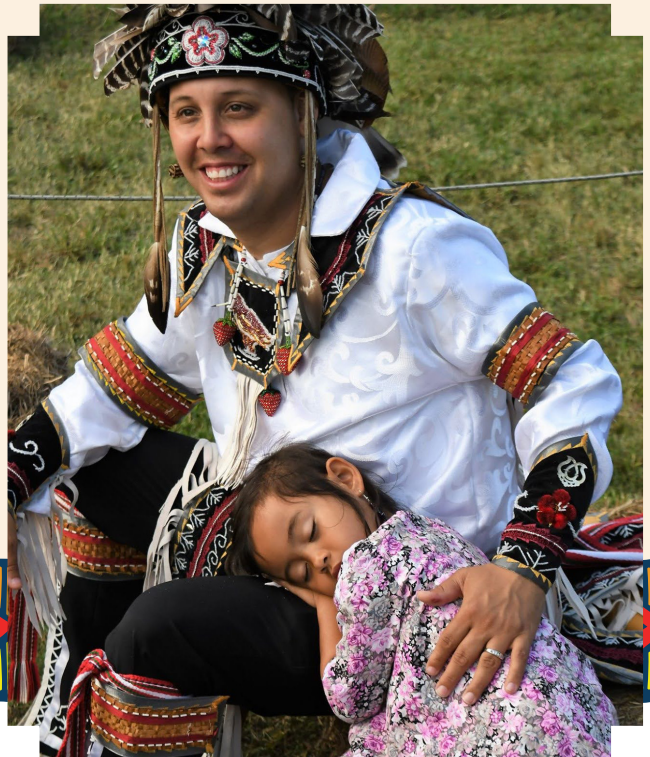


Photo posed by models. For illustrative purposes only.

## RSV is a leading cause of hospitalization for elders and small children.

While it may start out feeling like a regular cold, RSV can quickly get much worse. The best way to protect elders and little ones is through vaccination.

The RSV vaccine is available to those who are pregnant, over 75 or 60 and older with other health issues. Also, babies and children under 2 may need protection against RSV this fall and winter. Talk to your pediatrician.

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.

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

Most people can get vaccinated for little or no-cost 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.



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