

Public Service Announcements on Respiratory Infections

60 Second PSA:

As the seasons change, so do the risks of respiratory infections. Protect yourself and those you care about.

Whether it's the flu, Respiratory Syncytial Virus (RSV), pneumococcal infection, or COVID-19, your actions matter. To reduce the spread of respiratory infections, remember to:

- Stay home when you're sick
- Wash your hands often
- Wear a well-fitted mask
- Cover your coughs and sneezes
- Open windows to keep indoor spaces well-ventilated
- Clean and disinfect high-touch surfaces that can harbor viruses often
- If eligible, get vaccinated

Your choices make a difference, for yourself, your family, friends, and the community as a whole.

Together, we can reduce the spread of respiratory infections. Let's continue to stay informed and vigilant, looking out for one another and keeping our community safe and healthy.

Learn more at Canada.ca/respiratory-diseases

30 second PSA:

As the seasons change, so do the risks of respiratory infections like the flu, Respiratory Syncytial Virus (RSV), pneumococcal infection, and COVID-19. Protect yourself and those you care about.

Remember to:

- Stay home when you're sick
- Properly wear your mask
- Keep indoor spaces well-ventilated
- Wash your hands often
- Cover coughs and sneezes
- Disinfect high-touch surfaces
- If eligible, get vaccinated

Together, we can reduce the spread. Let's stay safe and healthy, Canada.

Learn more at Canada.ca/respiratory-diseases