Not cool.

Winter stinks when you're sick.

COVID–19, flu, and RSV cases can rise in the winter. Follow these steps to reduce serious illness from respiratory viruses.

❄ **Get vaccinated.**

❄ **Stay home if you're sick.**

❄ **If you test positive for an illness, ask about treatment options.**

❄ **Wear a mask when cases are high.**

Learn more at de.gov/holidays.