



CHATting ABOUT HEALTH

Viral Respiratory Disease Prevention

Though we are no longer in a global pandemic, COVID-19 and other respiratory viruses like flu and RSV still cause millions of illnesses and thousands of hospitalizations and deaths in the US every year. Certain groups, including older adults, young children, people with weakened immune systems, pregnant people and people with disabilities are at higher risk of severe illness from these viruses.

Take these actions to help protect yourself and others

Get Vaccinated

Talk to your doctor about which vaccines are right for you.



Prevent Spread When You Are Sick



Stay home and away from others until symptoms are improving and you haven't had a fever for 24 hours.

Practice Good Hygiene

*Cover coughs and sneezes.
Wash hands frequently.
Clean frequently touched surfaces.*

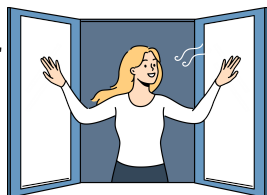


Consider Antiviral Treatment

If you have flu or COVID-19, antiviral treatment may make your symptoms less severe and shorten the time you are sick.

Take Steps for Cleaner Air

*Bring fresh air indoors.
Purify indoor air.
Gather outdoors.*



Other Strategies to Consider

Masking Distancing Testing

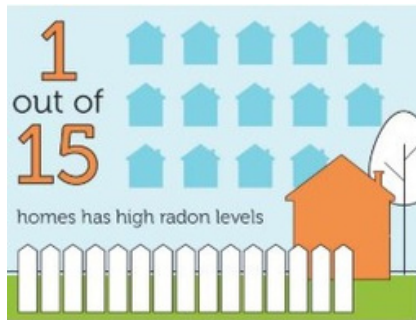


[https://www.cdc.gov/
respiratory-viruses/
guidance/index.html](https://www.cdc.gov/respiratory-viruses/guidance/index.html)

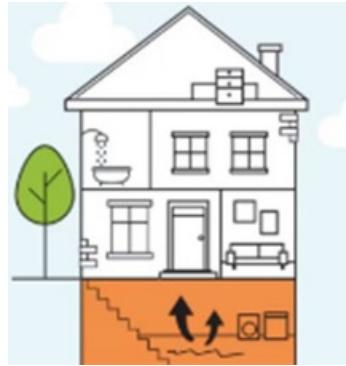
Learn more
from CDC:



Some Things You Should Know About Radon



You can't see, smell or taste radon gas but it is a leading cause of lung cancer.



Radon is found in the ground naturally. It gets into homes through cracks in floors or walls.



If you live in a house with high radon levels, smoking raises your risk of lung cancer by 10 times.



Testing your home is the only way to find out if you have a radon problem.

Chatham Health District has a limited number of free radon tests for residents of our member towns.

*Call the office today to request one.
(860) 365-0884*

<https://www.cdc.gov/radon/index.html>

Learn more from CDC



COVID-19 VACCINES

Visit CDC to learn more about current COVID-19 vaccine recommendations:
<https://www.cdc.gov/covid/vaccines/stay-up-to-date.html>



Visit our website for our vaccine clinic schedule:
<https://www.chathamhealth.org/vaccineclinics2>

