"Yes" Protects!

Anyone can get sick from respiratory viruses like the flu, RSV or COVID-19

Some Kentuckians like young children, older adults and people with chronic medical conditions like asthma or COPD are at higher risk for health complications or being hospitalized.

There are steps you can take to help protect you and your family from serious illness:

Wash hands

Clean frequently touched surfaces

Get vaccinated – the best form of protection

American Lung Association®

With questions, or for help in finding vaccination locations, talk to our experts at the American Lung Association's **Lung HelpLine** by calling **1-800-LUNGUSA**.

Lung.org/vaccines