

A PARENT'S GUIDE TO A SAFE & HEALTHY COLD, FLU, AND COVID-19 SEASON IN WISCONSIN

As the seasons change and a chill hits the air, we spend more time indoors, where viruses like COVID-19 and the flu spread more easily. But don't worry! There are simple steps you can take to protect your whole family and keep our Wisconsin communities healthy as the leaves change.



IT'S THE PERFECT TIME TO GET VACCINATED

Cooler weather means more time indoors together, and that can mean more germs! COVID-19 and flu vaccines are a safe, effective way to prevent illness and reduce the spread of viruses in your family and throughout your community.

Avoid the Hassle, Protect Your Family & Your Wallet

Preventable illnesses can cost more than your health. It can lead to:

- Missed work or school
- Medical bills
- Last-minute childcare expenses
- Lost wages and PTO

A simple vaccine can help you avoid all of that and make the most of this beautiful season!



EXPECTING A BABY? PROTECT THE BOTH OF YOU!

If you're pregnant, getting the COVID-19 vaccine is one of the best ways to protect yourself and your baby. It's safe, effective, and recommended by health professionals.



VISIT OUR WEBSITE
ImmunizeWisconsin.org



LET'S KEEP OUR KIDS SAFE THE WISCONSIN WAY

From practicing car safety and monitoring for food spoilage to wearing helmets, you're already doing a lot to protect your kids. Add the COVID-19 and flu vaccines to the list and keep them growing strong and healthy.



BUILD YOUR FAMILY'S FALL HEALTH KIT

Make sure you have these essentials on hand:



Vaccines for everyone
in your household



At-home
COVID-19 tests



Alcohol-based
hand sanitizer



Contact information for
your doctor's office



FIND THE VACCINES YOU NEED

Getting vaccinated is quick and easy. Talk to your doctor about getting the most up-to-date vaccine or visit [Vaccines.gov](https://www.vaccines.gov) to find a provider near you!

Together, we can help keep Wisconsin families safe and healthy this fall. Get your whole family vaccinated today and stay ahead of the spread!



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