



First Nations Health Authority
Health through wellness

Respiratory Virus Season: Making Healthy Decisions

Protecting yourself and others is important when respiratory viruses are circulating.

Keep yourself and others safe



get vaccinated



wash hands



stay home when sick



use masks

How to recover at home



rest



water



healthy diet



fever medication

Some may get sicker than others



babies



pregnant women



elders



medical conditions

Contact a health care provider if:



difficulty breathing



chest pain



signs of dehydration



worsening symptoms

If you or a loved one are at greater risk of severe illness due to age or health condition, talk with a health care provider about a possible treatment plan. If you don't have a health care provider you can access the First Nations Virtual Doctor of the Day at 1-855-344-3800 seven days a week from 8:30 a.m. to 4:30 p.m.