

Published on *VirginiaNavigator* (<https://virginiannavigator.org>)

[Reduce Your Risk from Respiratory Viruses This Holiday Season](#)

Reduce Your Risk from Respiratory Viruses

While respiratory virus activity is currently at low levels overall around the country, CDC anticipates that will change. Peaks of respiratory disease activity usually happen from about December to February. Several different respiratory viruses spread more during fall and winter, including those that cause [flu](#), [COVID-19](#), and [RSV](#) illness.

The holidays are coming, and large gatherings, travel, and more time indoors can mean more viruses spreading. Fortunately, we have tools to help us stay healthy so we can enjoy the time we spend with our families, friends, and neighbors.

- There's still time to benefit from getting your recommended [immunizations](#) to reduce your risk of illness, especially severe illness and hospitalization.
- For people who do get sick with flu and COVID-19, antiviral medications for each of these illnesses are recommended for people who are at [higher risk of severe illness](#).
- You can also protect yourself and others with [everyday prevention actions](#), like covering coughs and sneezes, improving ventilation, staying home and away from others when you are sick (including people you live with), and washing hands often.

[Learn More](#)

Article Source

Centers for Disease Control (CDC)

Last Reviewed

Tuesday, December 10, 2024