



## Flu, bronchiolitis, gastroenteritis, covid Winter illnesses

### How are they spread?



Small droplets

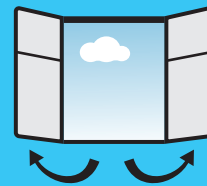


Hands

### How to avoid them?



Wash your hands



Air rooms



Wear a mask  
in crowded places  
or if you are ill



Get vaccinated  
against the flu,  
covid and some types  
of gastroenteritis

**Children and vulnerable people  
who are ill** must see a **doctor**.  
If the doctor is unavailable, dial **15**



More info and translations at:  
[www.santepubliquefrance.fr/accessible/virushiver](http://www.santepubliquefrance.fr/accessible/virushiver)