



# STAY HEALTHY

## Get Vaccinated and Get Boosted

The following information aligns with recommendations from the Massachusetts Department of Public Health (DPH) and the US Centers for Disease Control and Prevention (CDC).

### Respiratory illness season is here!

DDS recommends that you protect yourself, your co-workers and the people you support and help [stop the spread](#):

- Get Vaccinated
- Wash your hands
- Cover your cough and sneeze
- Mask up if needed
- Get tested
- Get treatment
- Stay home when sick

### [Get Vaccinated and Get Boosted](#)

\*\*\*Consult with the primary care provider to determine which vaccines should be received.\*\*\*

- Influenza (recommended every year)
- COVID-19 (recommended every year)
- RSV (If meeting criteria for the vaccine)
- Any routine vaccines to help reduce severe illness

Find a [vaccine location](#) near you.

[Questions?](#) Talk with a primary care provider or pharmacist.

For more information please visit:	
<a href="#">Common questions about vaccines</a>	
<a href="#">Seasonal Vaccines</a>	<a href="#">Influenza</a>
<a href="#">RSV</a>	<a href="#">Covid-19</a>