



# Respiratory Season 25/26

### Flu & RSV Stories





#### We'll Never Miss a Flu Shot Again

September 29, 2025

I typically stay on top of vaccines. But in 2023 we were late with flu shots-a mistake I will never make again.





#### I Wish I'd Had the RSV Vaccine

February 12, 2023

I thought my baby just had a cold. Within a matter of hours she was in the PICU because of this virus.



#### **You Still Have Time**

My son got RSV at 3 months old. It was the hardest thing I've gone through as a parent.

But you don't have to.

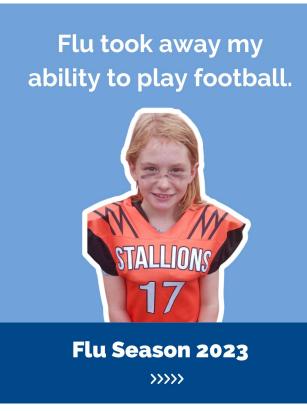






## **Social Graphics**









### **Social Graphics**

We've previously found success educating about influenza, because as common as it is, there's plenty people don't know.

- Pregnant women in their 3rd trimester are at 5 times the risk of hospitalization.
- Flu starts spreading before a person has symptoms.
- Flu is a significant risk factor for a heart attack.
- Also... 1 in 50 infants is hospitalized by RSV.

