Washington State is experiencing an overwhelming number of children and babies being hospitalized for respiratory diseases. The CDC has issued a Health Advisory for the state as the rise in the Flu, Respiratory Syncytial Virus (RSV), and COVID pushes the limits of pediatric hospitals.

**Protect Children**
by making sure that they are up to date on flu shots and COVID boosters. Vaccinations reduce the severity of an infection if a child is exposed.

**Remember the lessons...**
learned in the first COVID surges. Wear masks in crowded spaces. Wash hands frequently, and use hand sanitizer to reduce the risks of infection.

**WHAT SHOULD YOU DO?**

If your infant or child is sick, here are some online resources to help:
Seattle Children’s Bronchiolitis Care Packet at seattlechildrens.org, and get information at kidshealth.org

If your child is on Apple Health, here are the nurse support line numbers:
- Amerigroup (AMS) 1-866-864-2544
- Community Health Plan (CHPW) 1-866-418-2920
- Coordinated Care (CCW) 1-877-644-4613
- Molina Health Care (MHC) 1-888-275-8750
- United Health Care (UHC) 1-877-543-3409

For more information visit wapave.org