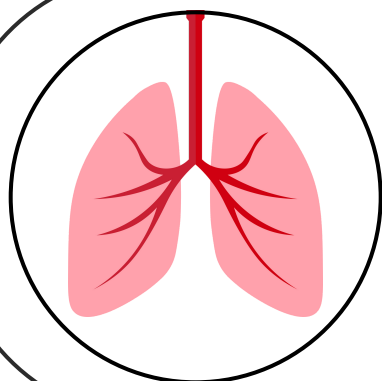


FLU, COVID-19, RSV & DUCHENNE

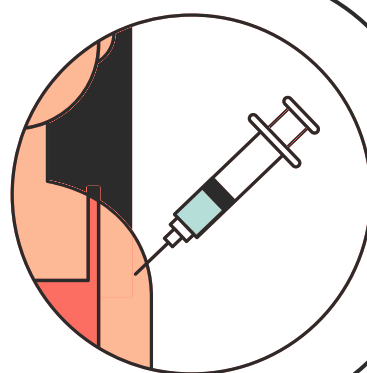


WHY IT'S IMPORTANT

People with Duchenne are at a higher risk for more severe flu, COVID-19, and RSV illness due to factors such as weak breathing muscles, and taking steroids.

GET VACCINATED

This season it is expected for both flu and COVID-19 to be on the rise, and it is recommended all eligible people receive the flu shot and COVID-19 booster.

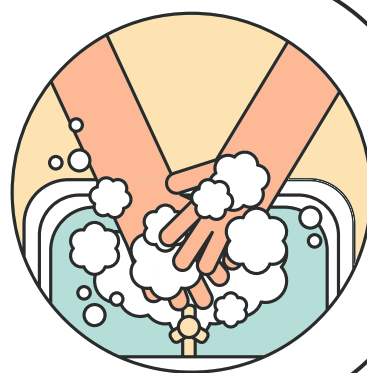


PROTECT YOUR FAMILY

Because people living with Duchenne are vulnerable, it is important for those close to them be vaccinated to reduce risk of exposure. This includes family, friends, and other caregivers.

AVOID ILLNESS

Frequent hand washing to remove potential dirt and viruses after contact should be part of your routine. Disinfecting frequently touched surfaces is also a good idea.



BE PREPARED

If you or your child living with Duchenne experiences moderate-severe symptoms of the flu, COVID-19, or RSV, call your doctor for guidance and keep PPMD emergency information on hand.