

# 5 Myths About the Quaddemic Busted!

01:

The Quaddemic is just media hype



COVID-19, flu, RSV, and norovirus are actively spreading, with confirmed cases rising. The data proves it's a real health challenge.



02:

If I've had one of these viruses before, I'm immune



Immunity fades over time, and new variants emerge.



Staying up to date on vaccinations helps maintain strong protection.



03:

Masks don't help



High-quality masks (like N95s) reduce the spread of respiratory viruses, especially in crowded indoor settings.



04:

Hand sanitizer is enough to protect me



Soap and water are more effective than sanitizer—especially against norovirus, which is resistant to alcohol-based hand gels.



05:

Only older adults need to worry



While older adults are more vulnerable, anyone can get sick and spread the viruses.



**PREVENTION PROTECTS EVERYONE.**



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