COPING WITH SEASONAL ILLNESS

COVID, **flu** and **RSV** infections are spreading. The steps that we have been taking during the pandemic are still our best protection against these illnesses.

Preventing illness every day

- Stay home when you're sick. Avoid being around sick people.
- Watch for symptoms, especially if you have been around someone who is sick.
- Wash hands often.
- Clean and disinfect surfaces that get touched a lot, like doorknobs, phones, and tv remotes.
- Get tested if you have COVID-19 symptoms.
- Get a flu shot every year, and COVID-19 shots and boosters as recommended.



Other actions can help keep kids in school, prevent missing work or gatherings, and keep our hospitals running smoothly:

- Wear a mask indoors or in crowds.
- Delay visits with people who are at higher risk for severe disease, or add more protection such as masks and physical distance when you are around them.
- Hold smaller, outdoor gatherings.
- Open windows and doors for improved ventilation.

	COVID	FLU	RSV
Spreads easily through the air	\checkmark		
Spreads through mucus droplets from someone's nose or mouth	\checkmark	\checkmark	\checkmark
Can live on hard and soft surfaces and spread by touching these surfaces		√	√
A vaccine is available	\checkmark	$\sqrt{}$	
Can be higher risk for pregnant, older adults, and immunocompromised people	√	√	√
Can be higher risk for babies and children		\checkmark	√













If you are at higher risk for severe COVID-19, flu, or RSV

Stay in touch with your provider.
If you don't have a provider, call 211 for help finding one. Your provider may recommend that you wear a mask or take other precautions. If you get sick, they can help you decide if you need to get tested or get treatment.

See other side for what to do if you get sick.



If you get sick

Most people recover from these respiratory illnesses on their own. Stay home and do the things you usually do to feel better: sleep, rest, drink plenty of fluids.

Call 911 if you or your child has these severe symptoms:

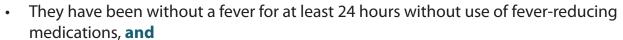
- Difficulty breathing
- Pain or pressure in the chest or belly
- Unable to drink or keep liquids down
- New confusion or inability to wake up
- Bluish or grayish lips or face

If you are sick, but must be around others

- Wear a mask that fits well over your nose and mouth.
- Wash your hands often, especially after blowing your nose.
- Cover your cough with a tissue or your sleeve.
- Keep some distance from others if you can.
- Improve room ventilation around others, for example by opening a window.

When can you be around others?

People can generally return to work, school, and other activities when:



- Their symptoms are definitely better, and
- They are eating and drinking well, and
- Their runny nose and cough are mild enough that they can participate in activities and keep their hands clean.

Consider wearing a mask around others until your runny nose and cough are gone.



