

COMMON RESPIRATORY ILLNESSES



IS IT COVID-19 ?

INFO: Affects all ages and is worse among people unvaccinated, have not recently had infection or have underlying health conditions.

SYMPTOMS: Fever, cough, runny nose/congestion, sore throat, fatigue, difficulty breathing, headache, body aches, and diarrhea.

PREVENTION: Keep up to date on COVID vaccination, wear mask 10 days after exposure or after onset of symptoms, and quarantine at least 5 days after the onset of symptoms.



IS IT INFLUENZA?

INFO: Most contagious while symptoms are present, especially while a fever is present. Most Severe For: Children, adults 65+, pregnant women, not received annual flu vaccine.

SYMPTOMS: Fever, fatigue, body aches, cough, runny nose/congestion, sore throat, and upset stomach.

PREVENTION: Get annual flu vaccine, wear a mask while symptomatic or around others with symptoms, wash hands, cover mouth when coughing, and stay home when sick.



IS IT RESPIRATORY SYNCYTIAL VIRUS (RSV)?

INFO: Most contagious with symptoms, from symptom onset to 8 days after symptoms start. Most Severe For: Infants & children with weakened immune systems and adults over 65yo.

SYMPTOMS: Fever, runny nose/congestion, cough, fatigue, decreased appetite, and progression to lung infection that includes difficulty breathing and wheezing.

PREVENTION: RSV antibody for infants and RSV vaccine for adults over 60 and pregnant women 32-26 weeks pregnant, wear mask while symptomatic and around others with symptoms, cover mouth when coughing, stay home when sick, keep away from at risk individuals.



IS IT THE COMMON COLD?

INFO: Contagious while symptoms are present and has greatest impact on people who are immunocompromised or have underlying health conditions.

SYMPTOMS: Caused by a number of different types of respiratory viruses and results in sore throat, cough, runny nose/congestion, sneezing, and sometimes a mild fever.

PREVENTION: Wear a mask while symptomatic and when in public places, wash hands, cover mouth when coughing, and stay home when sick.



WHEN TO STAY HOME FROM SCHOOL OR WORK

1. Stay home for 24 hours after the onset of new symptoms of illness and fever free without use of any fever reducing medications.
2. Remain at home until 24 hours after a fever resolves, vomiting or diarrhea goes away, pink eye clears, and after other symptoms have begun to improve.
3. Seek medical care for symptoms that worsen or persist for longer than 24 hours and follow medical advice for treatment and duration of isolation.

