

# 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.



## During respiratory illness season

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	✓		
Spreads through mucus droplets from someone's nose or mouth	✓	✓	✓
Can live on hard and soft surfaces and spread by touching these surfaces		✓	✓
A vaccine is available	✓	✓	
Can be <b>higher risk</b> for <b>pregnant, older adults,</b> and <b>immunocompromised</b> people	✓	✓	✓
Can be higher risk for <b>babies</b> and <b>children</b>		✓	✓

## 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:

- They have been without a fever for at least 24 hours without use of fever-reducing medications, **and**
- 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.**