


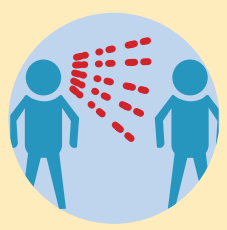





COLD, FLU OR COVID?

	COLD	FLU	COVID-19
 <p>SIGNS & SYMPTOMS</p> <p><i>Symptoms can vary from person to person. Not everyone will have every symptom. Remember that even one symptom can indicate illness.</i></p>	<p>ALL: Cough • Sore throat • Runny or stuffy nose • Difficulty breathing • Fatigue Muscle pain or body aches • Possible vomiting and diarrhea</p>		
		<p>FLU & COVID: Fever or chills • Headache</p>	
			<p>New loss of taste or smell</p>
 <p>HOW LONG CONTAGIOUS?</p>	<p>1-2 days before symptoms start, remaining contagious as long as symptoms are present</p>	<p>Most contagious during first 3-4 days; may be contagious 1 day before and up to 7 days after symptoms start</p>	<p>Up to 2 days before until 10 days (sometimes longer) after symptoms start</p>
 <p>HOW LONG TO STAY HOME?</p> <p><i>*Follow isolation/quarantine instructions from your medical provider or public health staff.</i></p>	<p>COLD & FLU: Until fever-free (without medicine) for at least 24 hours and other symptoms have improved</p>		<p>Until fever-free (without medicine) for at least 24 hours AND other symptoms have improved AND 10+ days since start of symptoms or date of test. If contact with confirmed case, isolate for 14 days after most recent contact. If vaccinated and identified as close contact of a positive case: monitor for symptoms and test 3-5 days after exposure (No quarantine unless symptoms develop).*</p>
 <p>HOW DOES IT SPREAD?</p>	<p>ALL: Most commonly spread person-to-person by droplets made when ill people cough, sneeze, or talk. Droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Droplets may land on surfaces people touch, then transfer when they touch near their mouth, eyes or nose. May be spread to others before they begin showing symptoms.</p>		
 <p>PEOPLE AT HIGH-RISK FOR SEVERE ILLNESS</p> <p><i>*Unsure if you're high-risk? Talk to your medical provider.</i></p>	<p>ALL: Older adults • People with certain underlying medical conditions* such as lung or heart disease, diabetes, or obesity • Pregnant people • Infants • People with immunosuppression</p>		
		<p>The risk of complications for healthy children is higher for flu compared to COVID-19</p>	<p>School-aged children with COVID-19 are at higher risk of Multisystem Inflammatory Syndrome in Children (MIS-C)</p>
 <p>COMPLICATIONS</p>	<p>Strep throat • asthma attack</p>	<p>FLU & COVID: Pneumonia • Respiratory failure • Acute respiratory distress syndrome • Sepsis • Heart attacks • Stroke • Multiple-organ failure • Worsening of chronic medical conditions • Inflammation of the heart, brain or muscle tissues • Secondary bacterial infections</p>	
		<p>COLD & FLU: Sinus and ear infections • Bronchitis • Pneumonia</p>	
 <p>TREATMENTS & VACCINES</p>	<p>Supportive care to relieve symptoms. No vaccine available</p>	<p>Flu vaccines available annually. Prescription antiviral drugs to treat influenza</p>	<p>There are three COVID-19 vaccines currently authorized by the FDA. Talk to your healthcare provider at possible treatments if positive for COVID-19.</p>

09/2023 SAC