

Prevention

• Get Vaccinated!

- Talk to your doctor about what vaccines are right for you and your family.
- **COVID-19:** Make sure you have gotten the current COVID-19 vaccine.
- **Influenza/Flu:** Make sure you get the flu vaccine every year.
- **RSV:** If you are pregnant or over the age of 60, talk with your doctor about getting the RSV vaccine.

Common Questions

Q: Can my child go to school while sick?

A: Your child should stay home and away from others until their symptoms are improving AND they have been fever-free for at least 24-hours.

Q: Is the stomach flu the same as influenza?

A: No. Influenza affects the respiratory system. The “stomach flu” or a “stomach bug” affects the gastrointestinal system and is not caused by the influenza virus.



Important Information



Emergency: 911



Poison Control: 1-800-222-1222

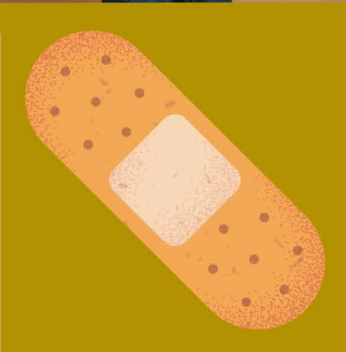


Closest Emergency Provider

Name:

Address:

Phone Number:



DEPARTMENT OF
**PUBLIC HEALTH &
HUMAN SERVICES**

COVID-19

INFLUENZA

RSV

What You Need to Know

Symptoms of COVID-19, Influenza, and RSV

	COVID-19	Influenza (The Flu)	RSV
Fever or Chills	X	X	X
Cough	X	X	X
Sneezing			X
Wheezing			X
Shortness of Breath	X	X	
Sore Throat	X	X	
Runny or Stuffy Nose	X	X	X
New Loss of Taste or Smell	X		
Fatigue	X	X	
Muscle or Body Aches	X	X	
Headaches	X	X	
Decrease in Appetite			X
Nausea or Vomiting	X	X	
Diarrhea	X	X	

Managing Your Symptoms

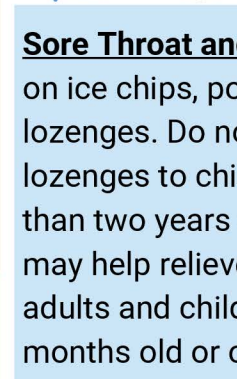


Fever and Body Aches: Take over-the-counter fever reducers and pain relievers, such as acetaminophen (e.g., Tylenol, Dayquil/Nyquil, Theraflu) or ibuprofen (e.g., Motrin, Advil). **Never give Aspirin to children.**

Dehydration: Drink enough water to stay hydrated and consider using a hydration supplement (e.g., electrolyte drinks, coconut water)



Runny or Stuffy Nose: Use a cool mist humidifier or saline nose spray to relieve congestion. For children younger than four years old, a rubber suction bulb can help relieve a stuffy nose.



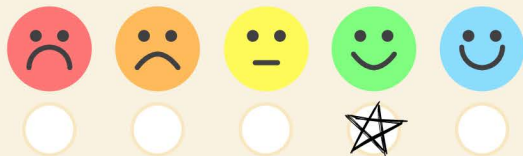
Sore Throat and Cough: suck on ice chips, popsicles, or lozenges. Do not give lozenges to children younger than two years old. Honey may help relieve cough for adults and children at least 12 months old or older.

What to Do If You're Sick

Stay Home and Away From Others Until:

Your Symptoms are Improving
-AND-

You Have Been Fever-Free for At Least 24-Hours Without the Use of Medication



Emergency Warning Signs

Seek medical care **immediately** if you have any of these symptoms.

- Fast breathing or trouble breathing
- Chest pain
- Bluish lips or face
- Seizures
- Fever above 104°F
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Dizziness, confusion, or inability to wake up
- Fever or cough that improve but then return or worsen

