

RECOMMENDATIONS FOR THE PREVENTION AND CONTROL OF RESPIRATORY ILLNESSES



Each year, respiratory viruses are responsible for millions of illnesses and thousands of hospitalizations and deaths in the United States. In addition to the virus that causes COVID-19, there are many other types of respiratory viruses, including flu and respiratory syncytial virus (RSV). The good news is there are actions you can take to help protect yourself and others from health risks caused by respiratory viruses.

Prevention strategies to protect yourself and others from respiratory illnesses:

- Stay up to date on immunizations
- Practice good hygiene
- Take steps for cleaner air
- Masking
- Physical distancing
- Get tested



What to do if you may have a respiratory illness:

- ★ Stay home and away from others
- Keep track of your symptoms; these may include:
 - Fever
 - Chills
 - Fatigue
 - Cough
 - Runny nose
 - Headache
- Wait to go back to normal activities until, for at least 24 hours, both are true:
 - Symptoms are better overall
 - You have not had a fever (and are not using fever-reducing medication)
- Take added precautions over the next 5 days after resuming normal activities (such as masking)










Can you spot the difference?

Not all respiratory illnesses have the same symptoms.

HOW TO TELL THE DIFFERENCE BETWEEN FLU, RSV, COVID-19, AND THE COMMON COLD

Common symptoms may include cough, headaches, sneezing, runny nose, and congestion. Different symptoms may include:

	COLD	FLU	COVID-19	RSV
 ACHES	XX	XXX	XX	X
 DIFFICULTY BREATHING	X	X	XXX	XX
 FATIGUE	XX	XXX	XXX	X
 FEVER	X	XXX	XX	XX
 LOSS OF TASTE OR SMELL	X	X	XX	X
 SORE THROAT	XXX	XX	XXX	X
 WHEEZING	X	X	X	XXX

Legend: X (Green) = Rarely, X (Yellow) = Sometimes, X (Red) = Often

For more information, visit:

<https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html>



West Hartford-Bloomfield Health District | 860-561-7900 |
580 Cottage Grove Road Suite 100, Bloomfield, CT 06002