



UNDERSTANDING COVID-19, FLU, & RSV

FLU

Caused by: Influenza Virus

Transmitted through: Respiratory droplets

Illness: Begins 1-4 days after exposure



Contagious: 1 day before symptoms begin & around 7 days after illness begins.

BOTH

Complications: Can lead to other illnesses, such as pneumonia.

> Symptoms: Sneezing

Transmitted through:

Respiratory droplets

BOTH

Symptoms:

- Body aches
- Loss of taste or smell
- · Difficulty breathing

Possible to have no symptoms

Complications:

Pneumonia, among others,* including death.

ALL THREE

Transmitted through: Respiratory droplets

Symptoms:

- Difficulty breathing Coughing Headache
- Sore throat
- Fatigue
- Runny nose

Prevention: Get vaccinated!

COVID-19

Caused by: SARS-CoV-2 Virus

> Transmitted through: Respiratory droplets & air in enclosed spaces

Illness: Begins 1-4 days after exposure



Contagious:

2 days before symptoms begin & 10 days (up to 20 days) after symptoms begins. Test after 5 days, if exposed.

Complications:

- Blood Clots
- Multisystem Inflammatory in Children (MIS-C) & Adults (MIS-A)

Testing: Health care provider can test for RSV & COVID-19

BOTH



RSV

Caused by: Respiratory Syncytial

Virus

Illness: Begins 4-6 days after exposure

Contagious:

1-2 days before symptoms begin & 3-8 days after illness begins



Complications:

- Pauses in breathing
- Gray or blue color of tongue, lips or skin
- Fever in those under 3 months of age

Prevention:





Get vaccinated



Cover your cough or sneeze



Wash your hands often and avoid touching your face



Clean and disinfect surfaces often



covering



Practice Social / **Physical Distancing**