

# Protect Your Family this Winter from these Respiratory Viruses

These viruses spread through droplets released into the air when an infected person coughs, sneezes, talks, has direct contact like kissing, or if you touch a contaminated surface.

## Respiratory Syncytial Virus (RSV)

### Symptoms

Most people recover in a week or two, but RSV can be serious. RSV is the most common cause of bronchiolitis and pneumonia in infants and can cause severe disease in older adults.

- Runny Nose
- Sneezing
- Fever
- Wheezing
- Decrease in appetite
- Coughing

## COVID-19

It can cause severe infection for children and older adults that can lead to hospitalization and even death. People who have received COVID-19 vaccines can still experience infections, although their risk of severe illness and hospitalization is greatly reduced.

- Fever or chills
- Muscle or body aches
- Shortness of breath
- Headaches
- Congestion or runny nose
- Loss of taste or smell
- Nausea or vomiting
- Sore throat
- Diarrhea
- Cough
- Fatigue

## Influenza

A contagious illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death.

- Fever or chills
- Sore throat
- Runny Nose
- Headaches
- Fatigue
- Muscle or body aches
- Cough

## Reduce Your Risk & Prevent Spread



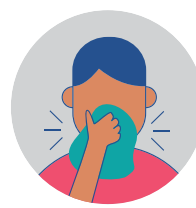
Get the Flu Vaccine & COVID-19 Updated Booster



Wear A Mask



Stay Home If Sick



Cover Coughs & Sneezes



Clean & Disinfect Surfaces



Wash Your Hands

Call your healthcare provider for any questions or concerns.