



## Communicable Disease

# Respiratory virus toolkit: Flu, RSV, and COVID-19

### [Spanish toolkit](#)

Please use and share the following resources:

- Sample newsletter copy.
- Sample social media posts below.
- Frequently asked questions.

### NEWSLETTER COPY

Respiratory viruses, including Respiratory Syncytial Virus (RSV), flu, and COVID-19 are spreading across Colorado and the nation. Protect your loved ones, the community, and our health care system by:

- Getting vaccinated. Both flu and COVID-19 have effective, safe vaccines. Anyone 6 months and older can get vaccinated for flu and COVID-19. It is safe to get the vaccines [together](#).
- Seeing or calling a health care provider or doctor before going to a busy emergency department when you or your child has respiratory symptoms. Your provider can help you determine the best ways to manage symptoms and when it is important to be seen in the clinic, urgent care, or emergency department.
- Staying home when sick, including not visiting or interacting with people who may be at higher risk, including older adults, young children, and infants. What might feel like a mild cold for one person can be very serious for another person. This is important to preventing the spread of viruses and causing outbreaks, which put additional strain on the hospital system.
- Wash your hands frequently for at least 20 seconds with soap and water or use hand sanitizer with 60% alcohol.
- Covering your nose and mouth with a tissue or upper arm sleeve when you cough or sneeze, throw away the tissue after you use it, and clean hands as instructed above.
- Cleaning potentially contaminated surfaces, like doorknobs, tables, handrails, etc.
- Avoiding sharing cups, eating utensils, and touching your face with unwashed hands.

## RSV

RSV causes respiratory tract illness in people of all ages, but infants, young children, and older adults are at greater risk of severe illness from RSV. It spreads by inhaling or having contact with virus-containing droplets (typically through the mouth, nose, or eyes) produced by a person with RSV infection when talking, coughing, and sneezing. While most people who get RSV will only have cold symptoms, it may be more severe in infants and young children, as well as older adults. Symptoms can include a runny or stuffy nose, sneezing, or coughing and can also include fever, decreased appetite, and difficulty breathing or wheezing.

If your child is demonstrating early signs of RSV, consider calling a health care provider. Your provider can help you determine the best ways to manage symptoms and when it is important to be seen in the clinic, urgent care, or emergency department. If it is an emergency, please call 9-1-1.

## FLU

Anyone aged 6 months or older can get their annual flu vaccine. You can safely get the flu vaccine and COVID-19 vaccine, including the new omicron vaccine, during the same visit, if it is offered. The state health department recommends:

- Adults 65 years and older should get one of three specific flu vaccine types: Fluzone High-Dose Quadrivalent vaccine, Flublok quadrivalent recombinant flu vaccine, or Fluvad quadrivalent adjuvanted flu vaccine. If one of these three is not available, people 65 years and older can get any other age-appropriate influenza vaccine.
- Children younger than 9 years who are either getting the flu vaccine for the first time or have only previously received one dose of the vaccine should get two doses of the vaccine. The first dose should be given as soon as possible during the flu season. The second dose should be given at least 28 days after the first dose.
- Ideally, those who are pregnant should get vaccinated as soon as possible, as they may have more serious complications if they get the flu. The flu vaccine can be given in any trimester of pregnancy.

Medicare, Medicaid, CHP+, and most private health insurers cover the full cost of the flu vaccine. You don't have to pay anything to health care providers that accept your health plan. If you don't have health insurance, you can still get the flu vaccine for free at certain health care providers. Free vaccine providers, as well as additional information on flu vaccines, can be found at [fluvaxcolorado.org](http://fluvaxcolorado.org). Protect yourself and your loved ones against the flu by contacting your health care provider, local public health agency, or pharmacy to make a vaccine appointment today.

## COVID-19

Anyone aged 5 years and older who has completed a COVID-19 primary vaccine series should get an omicron vaccine to increase their protection against the dominant subvariants circulating in Colorado right now. People should get their omicron vaccine at least two months after their most recent dose – either their completed primary series or third (booster) dose.

## **FREQUENTLY ASKED QUESTIONS**

[2022 RSV season frequently asked questions](#)

[2022-2023 Flu Season FAQs](#)

[COVID-19: General questions and answers](#)

## **OTHER TOOLKITS AND RESOURCES**

[2022-2023 Flu season toolkit](#)

[Novavax toolkit](#)

[Community vaccine site toolkit](#)

[Staying up to date with recommended vaccine doses talking points](#)

[Omicron vaccine toolkit](#)

[Omicron dose calendar](#)

[Protect your fall plans](#)

[Isolation timeline](#)

[COVID-19 testing talking points](#)

[Treatments social media toolkit](#)

[Vaccine types](#)