

Stay Healthy This Winter



There are early signs that this flu season could be severe. Data show that the flu season is ramping up early. Flu hospitalizations are higher at this point in the season than they have been in a decade. Flu is also spreading at the same time as other respiratory illnesses, including COVID-19 and RSV.

Tips To Help Protect You and Your Family From Illness.

- Get your **annual flu shot**.
- Get your COVID-19 shots and **stay up to date with boosters**.
- **Avoid close contact** with anyone who is sick or has symptoms.
- **Wear a face mask** in indoor public places.
- When weather permits, **open windows to improve air flow**.
- **Cover coughs and sneezes** with a tissue or your elbow.
- **Avoid touching** your eyes, nose and mouth.
- **Wash your hands often with soap and water** for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- **Clean and disinfect high-touch surfaces**, such as doorknobs, light switches, mobile devices, remotes, and counter tops, daily.

And remember to **care for yourself**:

- **Take breaks** to unwind
- Take care of your body and **stay active**
- **Eat healthy foods and get enough sleep**

Symptoms of the Flu, COVID-19, and RSV

These are common signs, but your symptoms may be more or less severe, or you may only have a few.

If you feel sick, stay home and call your doctor to discuss how you're feeling and whether you need to get tested.

	Fever and/or Chills	Headache	Muscle Pain or Body Aches	Tired or Weak	Loss of Appetite	Sore Throat	Runny or Stuffy Nose	Sneezing	Cough	Shortness of Breath	Loss of Taste/Smell	Vomiting and Diarrhea	Wheezing
Flu	✓	✓	✓	✓		✓	✓		✓	✓		✓	
COVID-19	✓	✓	✓	✓		✓	✓		✓	✓	✓	✓	
RSV	✓				✓		✓	✓	✓				✓

To find a COVID-19 or flu vaccine provider near you, visit [vaccines.gov](https://www.vaccines.gov).

11.17.2022