

Understanding Respiratory Illnesses - RSV, Flu, and COVID-19

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- Understanding RSV, Flu, & COVID-19
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All New Yorkers, especially parents and guardians of young children, should understand the common respiratory illnesses that typically spread during fall and winter, and how to protect themselves and their families.

Learn about the seasonal flu, RSV, and COVID-19 including how each virus presents, spreads, symptoms, and what to do following exposure. Most importantly, learn how to prevent infections, and make sure that you and your children are up to date with flu and COVID-19 shots.

What to Know About Contagious Respiratory Illnesses

	Flu	Respiratory Syncytial Virus (RSV)	COVID-19
Overview	Most people – including children – will recover from the flu on their own, but some people will experience severe illness requiring hospitalization.	Respiratory Syncytial Virus (RSV) infection can cause severe infection in some people, including babies 12 months and younger, especially premature babies, seniors, people with heart and lung disease, or anyone with a weak immune system (immunocompromised). In adults and older, healthy children, RSV symptoms are mild and typically mimic the common cold. Self-care measures are usually all that's needed to relieve any discomfort.	COVID-19 can cause severe infection in some people, including children, and 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.
Time from exposure to infection	2 to 3 days	1 to 4 days	2 to 14 days
Prevention	• <u>Get immunized</u> • Wash your hands often • Avoid people who are sick • Wear a mask in crowded places	• <u>Get immunized if eligible</u> • Wash your hands often • Avoid people who are sick • Wear a mask in crowded places	• <u>Get immunized – including updated vaccine</u> • Wash your hands • Avoid people who are sick • Wear a mask in crowded places

Symptoms	• Body aches • Chills • Cough • Fatigue • Fever • Headache • Sore throat • Stuffy nose	• Cough • Fever • Stuffy/Runny Nose • Decreased Appetite	• Body aches • Chills • Cough • Diarrhea • Fatigue • Fever • Headache • Loss of smell/taste • Nausea/Vomiting • Shortness of Breath • Sore Throat • Stuffy/Runny Nose
What to do if sick	• Stay home and away from others • Cover your cough and sneezes • Clean and disinfect surfaces • Call health care provider	• Stay home and away from others • Cover your cough and sneezes • Clean and disinfect surfaces • Call health care provider	• Stay home and away from others • Cover your cough and sneezes • Clean and disinfect surfaces • Call health care provider

