

Covid-19 Basic Care and Decision Making (updated June 13, 2024)			
Typical symptoms of Covid-19	Typical symptoms of flu	Typical symptoms of RSV	Symptoms of allergic rhinitis
<p>Any or all: fever/chills, cough, sore throat,, runny nose, muscle aches, headache, fatigue, vomiting or diarrhea, congestion, shortness of breath/hard time breathing, or loss of sense of smell or taste. May progress slower than the flu.</p>	<p>Fever/chills, cough, sore throat, runny nose, muscle aches, headache, fatigue, (vomiting and diarrhea more common in children). Symptoms usually start within 1 to 3 days of exposure</p>	<p>Fever, cough, sneezing, runny nose, nasal congestion, decreased appetite, wheezing. Symptoms may be mild to severe. Infants may only have decreased feeding, decreased activity, increased work of breathing</p>	<p>Sneezing, watery eyes, runny nose, itchy nose, nasal congestion, sinus pressure. May occur only in certain locations or times of day such as at night or in the morning. May occur with triggers like dust, cats, dogs or pollen from blooming trees or flowers.</p>
<p>Higher risk for severe covid-19</p> <ul style="list-style-type: none"> • 50+ years old, especially if over 65 • Chronic disease of the heart, lung, kidney or liver. Diabetes, mental illness, obesity • Low Immunity (Cancer, HIV/AIDS, on transplant medications or long-term medical steroid use) • Being unvaccinated, pregnant, physically or developmentally disabled, a smoker or long-term care resident. 	<p>Higher risk for severe flu</p> <ul style="list-style-type: none"> • 65 and older • Adults with asthma, heart disease, stroke or chronic kidney disease • Pregnant women • Children under 5 years old, especially those under age 2 	<p>Higher risk for severe RSV</p> <ul style="list-style-type: none"> • Infants, especially < 6 months old • Premature infants • Children under 2 with chronic lung disease or congenital heart disease • Children with weak immunity or with neuromuscular disability • Older adults 65+ years old • Adults with chronic heart or lung disease or weakened immunity 	
<p>I want to reduce my risk of getting covid-19/flu/RSV or other respiratory infections.</p> <ul style="list-style-type: none"> • Avoid close contact with people who are sick • Wash or sanitize hands frequently and avoid touching your mouth and nose • Cover your sneezes and coughs • Clean & disinfect frequently touched objects & and shared spaces like the kitchen and bathrooms • Eat healthy foods, stay active and get enough sleep • Consider wearing a mask in crowded or poorly ventilated spaces or around high-risk people • Consider doing a home covid test before attending gatherings or meeting high-risk people • Stay up-to-date on all recommended vaccines including Covid-19, Flu and RSV • Manage your chronic illnesses to reduce your risk of severe infections 	<p>I've had close contact with someone with covid-19, now what?</p> <ul style="list-style-type: none"> • Self monitor for any covid-like symptoms for 14 days after the exposure/travel • Consider avoiding close contact and wearing a mask around others at home for at least 10 days • Consider doing a home covid test before attending gatherings and before close contact with people at high risk for severe infection. • Stay up-to-date on all recommended vaccines including Covid-19, Flu and RSV • Manage your chronic illnesses to reduce your risk of severe infections • If you are at high risk for severe covid, contact your health care provider to discuss a testing plan 	<p>I think I'm getting sick with a respiratory infection. What do I do now?</p> <p>If very sick or unstable, (difficulty breathing, dehydrated, very weak or confused) call 911 or go to nearest ER</p> <p>If mild to moderate symptoms</p> <ul style="list-style-type: none"> • Isolate at home in a separate room and use separate bathroom if possible • Socially distance and wear a mask around others at home • Home covid testing is not required, but is always a good idea and may be required by your employer or school • Do home testing and contact your care provider if: <ul style="list-style-type: none"> ○ If you are at high risk for severe covid-19, flu or RSV(see above) ○ If you got symptoms after a recent exposure to someone known or suspected of having covid-19, flu or strep throat ○ If your symptoms are getting worse or if not getting better after few days • You can resume your regular activities at least 24 hours after your symptoms start to get better and you have no fever for at least 24 hours without using anti-fever medications. Your employer or school may have additional protocols before you return. • After resuming your regular activities, take added precautions for at least 5 full days <ul style="list-style-type: none"> ○ Air out your home or use HEPA air filters if possible in enclosed spaces ○ Mask around others in your home ○ Careful handwashing and cleaning of shared areas ○ Cover your coughs and sneezes ○ Rapid covid testing before gatherings or meeting high risk people (stay home if positive) ○ Avoid close contact with people at high risk ○ When feeling better, up-date all your recommended vaccines 	

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