

STAY WELL THIS FALL AND WINTER

There are many viruses going around this season. Be aware of the signs for COVID-19, Influenza (flu), and Respiratory Syncytial Virus (RSV).

SIGNS AND SYMPTOMS

- Fever
- Cough
- Body aches
- Runny nose
- Headache
- Sore throat
- Fatigue
- Loss of taste or smell
(more common with COVID-19)



PREVENTION

- **Wash your hands with soap and water.** If soap and water are not readily available, use hand sanitizer.
- **Vaccines protect you** from getting very sick and from giving the virus(es) to others. Vaccines for COVID-19, flu, and RSV are available.
- **Masks protect you** and protect others. You especially should wear a mask if you:
 - Need to leave your home when you are sick.
 - Are taking care of someone who is sick.
 - Are around people in danger of getting sick
 - Are indoors with a large group of people, especially when these diseases are increased in the community.
- Viruses make some people very sick, and some people not at all. **But anyone who catches a virus can spread them to other people.**
- If you're sick, stay home, rest, and contact your doctor if symptoms worsen.



TREATMENT

- Some people *may* need **medicine prescribed by a doctor**. There are specific medicines for specific viruses.
- **You DO need to see the doctor IF you:**
 - Are having trouble **breathing**.
 - Have a **fever**, and it won't go away.
 - Are at **risk of getting very sick** from COVID-19, flu, or RSV, because of your age or health conditions. Your doctor can prescribe medicines that fight the virus and help you get better more quickly.

If you're not sure, ask a doctor.

RESOURCES

- For information on COVID-19, visit www.coronavirus-sd.com
- For information on flu and immunization services and to find a vaccine clinic near you, visit our [Immunization Clinics](#) webpage, or scan the QR code.
- For information on RSV, visit our [RSV webpage](#).
- If you do not have a healthcare provider or insurance, visit www.211sandiego.org, or call 2-1-1.

