

STAY WELL THIS WINTER

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

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** and use hand sanitizer often.
- **Vaccines for COVID-19 and flu are safe and work well.** These vaccines protect you from getting very sick and from giving the viruses to others.
- **Masks protect you** and they protect others. You especially need a mask if you:
 - Need to leave your home when you are sick,
 - Are taking care of someone who is sick, and
 - Are around people in danger of getting very sick.
- 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 and rest. If you aren't sick, avoid people who are.



TREATMENT

- **You can treat most symptoms at home** without a prescription. There are medicines you can buy at your grocery store or drug store.
- 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 or flu, 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

- To obtain COVID-19 testing and treatment and flu testing, at no cost:
 - **Call 1-888-634-1123**
 - **Visit lhi.care/covidtesting** or **Scan** the QR code to the right to make an appointment.
- To obtain a COVID-19 telehealth visit, at no cost:
 - **Call 1-888-897-1244**
 - **Visit sesamecare.com/covidca** or **Scan** the QR code to the right to make an appointment.
 - In a telehealth visit, you can talk to a doctor from home. If needed, you can get a prescription for treatment, at no cost.

