

# COVID-19, Flu, & RSV Vaccinations

## Frequently Asked Questions

### What is the difference between COVID-19, Flu, & RSV?



COVID-19, flu, and RSV are respiratory illnesses, but are caused by different viruses. The flu is caused by the influenza virus, COVID-19 by the SARS-CoV-2 virus, and RSV by the respiratory syncytial virus. While they share many common symptoms, some symptoms may be more unique to particular viruses. For example, wheezing is more commonly associated with RSV, while loss of taste and smell is more commonly associated with COVID-19. The best way to know is to get tested.

### How does COVID-19, Flu, and RSV spread?

COVID-19, flu, and RSV all spread through droplets from coughing and sneezing. Flu and RSV can also be spread by touching surfaces or objects that are covered in virus particles. It is common to get sick from these respiratory viruses, especially in the fall and winter.

### What are common signs and symptoms?

COVID-19, flu, and RSV share many common symptoms, such as difficulty breathing, cough, sore throat, headache, runny nose, fatigue, and fever.

All age groups can be affected, but there are groups that are more at risk than others. People at greater risk of severe disease or complications when infected include pregnant women, young children and infants, older adults, and individuals with chronic medical conditions.

### How can I prevent my child from getting sick?

- Vaccines are the safest way to build immunity from a virus. The immunity gained from vaccination can reduce their risk of infection and becoming very sick if infected.
- Handwashing with soap removes most germs from your hands.
- Improving ventilation (air flow) can reduce the amount of virus you are exposed to.
- Stay away from others who are sick, if possible.

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### When can my child get vaccinated?

The Centers for Disease Control and Prevention (CDC) recommends:

- **1 dose of the updated COVID-19 vaccine** for everyone aged 5 years and older. Younger children and infants (6 months to 4 years) may need 1 or 2 doses of the updated COVID-19 vaccine if they have been previously vaccinated, or 2 or 3 doses if they have not been previously vaccinated.
- **1 dose of the flu vaccine** every season for everyone 6 months of age and older.
- **1 dose of RSV monoclonal antibody products** for all infants younger than 8 months born during or entering their first RSV season.



### What are the benefits of getting my child vaccinated?

Children under 5 years old are at higher risk of getting very sick from respiratory viruses if they are not vaccinated. The immune systems of infants and young children are still developing. Their lungs and airways are smaller, making viruses that affect the airways more dangerous for them than adults.

### Are the vaccines safe?

Yes, the vaccines for COVID-19, flu, and RSV have been carefully studied by scientists and are safe for children.

### How can I learn more?

- Contact your child's healthcare provider to learn more and schedule an appointment.
- Visit the County of San Diego [COVID-19](#), [flu](#), and [RSV](#) websites.

