



MY HEALTH

RESPIRATORY VIRUSES – WHAT YOU SHOULD KNOW

PREVENTION

The best way to prevent illness is to avoid being exposed to respiratory viruses such as Influenza (Flu) & Coronavirus (COVID-19). Following everyday preventive actions recommended by Centers for Disease Control and Prevention (CDC) will help prevent the spread of respiratory viruses.

DO:

- Get a yearly flu vaccine to protect against influenza. There is no current vaccine for COVID-19.
- Avoid close contact with people who are sick.
- Stay home when sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects/ surfaces using household cleaning spray/wipes.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not available, use alcohol-based hand sanitizer with at least 60% alcohol.
- Refer to CDC website (see below) for specific travel advisory guidelines.



DON'T:

- Share drinks, utensils, or other personal items.
- Touch your eyes, nose, or mouth.

CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory viruses, including COVID-19.

SYMPTOMS

Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills and fatigue. Some people, especially children, may have vomiting and diarrhea. People may also be infected with flu and have respiratory symptoms without a fever.

For confirmed COVID-19 cases symptoms can include fever, cough, and shortness of breath.

TREATMENT

If you are sick with the flu, taking antiviral drugs prescribed by your doctor can be used to treat your illness. Currently there is no specific antiviral treatment recommendations for COVID-19.

If you feel ill or are concerned about your health, contact your healthcare provider.

For more information or updates visit <https://www.cdc.gov>.

Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention.

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