

PROTECT YOURSELF FROM COVID-19, FLU, AND RSV

It is common to get sick from respiratory viruses such as COVID-19, Flu, and respiratory syncytial virus (RSV), especially in the fall and winter. There are actions you can take to protect yourself and others. Symptoms of influenza (Flu), respiratory syncytial (sin-SISH-uhl) virus (RSV), and COVID-19 are similar and may include fever, cough, and shortness of breath. Because the symptoms are similar, it can be difficult to distinguish between illnesses caused by respiratory viruses.

HOW TO TELL THE DIFFERENCE BETWEEN FLU, RSV, COVID-19, AND THE COMMON COLD

Common symptoms may include cough, headaches, sneezing, runny nose, and congestion. Different symptoms may include:



	COLD	FLU	COVID-19	RSV
ACHES	XX	XXX	XX	X
DIFFICULTY BREATHING	X	X	XXX	XX
FATIGUE	XX	XXX	XXX	X
FEVER	X	XXX	XX	XX
LOSS OF TASTE OR SMELL	X	X	XX	X
SORE THROAT	XXX	XX	XXX	X
WHEEZING	X	X	X	XXX



**GET YOUR
COVID, RSV,
AND FLU
VACCINE!**

Get Vaccinated!

The Food and Drug Administration (FDA) has approved of the new 2023-2034 mRNA COVID vaccine which protects against the XBB.1.5 variant of the virus that has caused the most infections in 2023. Those ages 5 years and older must receive one updated vaccine dose to be considered up to date.

An RSV vaccine is now available for adults ages 60 and older. The U.S. Centers for Disease Control says adults 60 years and older may receive a single dose of the RSV vaccine. The virus does not mutate like the flu, one vaccine might only be necessary every two years.

An annual Flu vaccine is the best way to protect against flu and its potentially serious complications. Vaccination has been shown to have many benefits, including reducing the risk of flu illnesses, hospitalizations, and the risk of flu-related death in children and older adults. It also helps to prevent the spread of flu to family and friends, including babies younger than 6 months who are too young to get a flu vaccine. The CDC recommends an annual flu vaccine for everyone ages 6 months and older. Pregnant women should get a Flu vaccine to protect both mother and baby.

For more information on how to protect yourself against COVID, Flu and RSV, visit:
<https://www.cdc.gov/respiratory-viruses/index.html>

For any further questions on COVID, Flu and RSV, please speak to your primary care physician.



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Public Health
 Prevent. Promote. Protect.