KNOW THE DIFFERENCE!

Coronavirus and influenza are both infectious respiratory illnesses. Seasonal allergies can also cause respiratory discomfort. Make sure you are taking steps to protect yourself and others!

CORONAVIRUS (COVID-19)

HOW IS IT SPREAD?

Person to person through droplets from an infected person coughing, sneezing, or talking. Droplets remaining in the air or on surfaces may infect others even after the infected person is no longer near.

SYMPTOMS

- Fever
- Cough
- Shortness of breath
- Difficulty breathing
- Fatigue

I MIGHT BE INFECTED. NOW WHAT?

CALL FIRST! If you have been exposed to Coronavirus or think you may be infected, call your provider before traveling to their office. Your provider should direct you on next steps.

MONITOR YOUR SYMPTOMS! Seek prompt medical attention if your illness is getting worse. If you have a medical emergency and need to call 911, notify personnel that you have, or are being evaluated for coronavirus.

SEPARATE YOURSELF from other people and animals as much as possible.

CLEAN frequently touched surfaces every day.

INFLUENZA (FLU)

HOW IS IT SPREAD?

Person-to-person through droplets from an infected person coughing, sneezing, or talking. Can be spread by an infected person for several days before their symptoms appear.

SYMPTOMS

- Fever
- Cough
- Difficulty breathing
- Fatigue

If your symptoms are severe, seek medical attention.

SEASONAL ALLERGIES

WHAT'S THE CAUSE?

Allergies are caused by exposure to allergens like pollen, mold, and dust in your environment.

SYMPTOMS

- Sneezing
- Coughing
- Itchy, runny nose
- Itchy, watery eyes

Try taking over the counter allergy medications for relief. If you see no improvement, seek medical attention.