

# INFLUENZA, COVID-19, & THE COMMON COLD:

## Tips to keep residents, staff, and visitors safe & healthy

**AMS** / Infection  
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### Be Prepared!

- As the 2021 flu season fast approaches, vaccines are the best defense to keep healthy. Get vaccinated today! Just make sure there are at least two weeks in between your COVID-19 vaccine and any other vaccine, including flu.
- If you develop symptoms (fever, chills, headache, or body aches) after receiving the flu vaccine, these are considered systemic reactions and should resolve within 72 hours. Due to COVID-19 concerns, if you do develop a fever after the flu vaccine, stay home until you are fever-free for at least 24 hours without fever-reducing medication.
- The flu vaccine does not cause respiratory symptoms common with COVID-19, so if these symptoms develop, contact your healthcare provider.
- Although uncommon, it is possible to contract the flu and COVID-19 at the same time.
- DO NOT overlook any flu-like or respiratory symptoms! Testing early and often will help identify what you have, and help you reduce the spread.

### Influenza, COVID-19, or the Common Cold? Know the difference:

Although respiratory viruses may have many of the same symptoms, not all symptoms are created equal! For example, loss of taste and smell are unique to COVID-19, whereas influenza can cause GI symptoms. The only way to accurately determine what virus you have is to be tested. See below for a quick look at some of the subtle and not-so-subtle differences in symptoms:

	FEVER	CHILLS	BODY-ACHES	HEADACHE	COUGH	CONGESTION	SORE THROAT	CHEST DISCOMFORT
COMMON COLD	rare	uncommon	uncommon	uncommon	mild	common	common	mild
INFLUENZA	mild	common	common	common	common	mild	mild	common
COVID-19	high	common	severe	severe	severe	mild	mild-severe	severe

### Prevention & Treatment

To best protect yourself from all viruses:

- Get vaccinated
- Wash your hands often
- Practice proper cough etiquette
- Wear your mask correctly
- Sanitize your surroundings



Follow these practices if you do get sick:

- Stay away from others
- Stay hydrated
- Stay active
- See your healthcare provider and follow their advice

If you have any questions or concerns, please reach out to us today!

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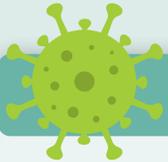
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# The COVID Delta Variant is upon us:

# HEALTH & SAFETY REMINDERS

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## Viruses and variants such as Delta... what exactly are they?

- Viruses are germs that only become "active" when they enter, or infect, a cell or a person.
- The common cold, RSV, Flu, Chickenpox, Norovirus (aka - the stomach bug) and COVID-19 are all common viruses we see in the long-term care community.
- Viruses often try to "trick" a person's immune systems by changing ever so slightly. This change, or mutation, causes new variants. This is common and has been seen with influenza and now COVID-19.
- These variants - such as COVID's highly contagious Delta variant - often have different symptoms and can be more contagious.
- Since antibiotics are ineffective for treating viruses, a vaccine is the best defense for viruses such as the flu and COVID-19 to reduce the severity of symptoms and the duration of the illness.



## How viruses spread to others

- Touching an object or surface with a virus on it, then touching your mouth, nose or eyes
- Droplets in the air from coughing or sneezing
- Close contact to someone with a virus, even if they have no symptoms



## Symptoms to watch for

Symptoms of COVID-19 and its variants can vary from person to person. They include:

- Headache
- Sneezing
- Lethargic
- Runny nose
- Sore throat
- Diarrhea
- Congestion
- Loss of taste
- Fever
- Coughing
- Loss of smell



## We can stay safe and healthy, if we all do our part!

- Wash your hands often
- Cover your cough and sneeze
- Stay away from others if you are sick
- Early testing if you have any symptoms
- Follow facility's mask & vaccine policies

By following these simple infection control measures, you can do your part to keep yourself, your loved ones, and the residents you care for safe and healthy. Keep in mind that with any virus, a fever may not be your first symptom, so pay attention to your body. Viruses affect people differently. Some people will have mild symptoms while others may have severe illnesses. Vaccines offer the best protection from severe illnesses. Regardless of the severity of symptoms or your vaccine status, viruses can still be spread to others. Be sure to protect your family and friends by teaching them safety protocols. Your actions are an important part of preventing and spreading infections!

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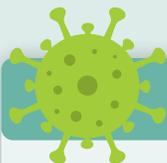
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