

Understanding FLU, COVID-19 & RSV

FLU

Caused by: Influenza Virus

Transmitted through:

Respiratory droplets



Illness:

Begins 1-4 days after exposure

Contagious:

1 day before symptoms begin & ~7 days after symptoms begin

Complications:

Sinus and ear infections

BOTH

Symptoms:

Sneezing

BOTH

- Symptoms:
- Body aches
- · Loss of taste or smell
- Difficulty breathing Can have no symptoms (asymptomatic)

Complications*:

• Pneumonia, among others

ALL THREE

Symptoms:

- Difficulty breathing
 Sore throat
 Headache
- Runny nose
- Headache
 Fatigue
- Fever

Vaccinations available for those who are eligible!

COVID-19

Caused by:

SARS-CoV-2 Virus

BOTH

Symptom onset:

Gradual

Transmitted through:

Respiratory droplets

Illness:

Begins 1-14 days after exposure, average 3-7 days

Contagious:

2 days before symptoms begin & 10 days after symptoms begin

Complications:

 Multisystem Inflammatory Syndrome

..:::::

- Post-COVID-19 condition
 - Blood clots

RSV

Caused by:

Respiratory Syncytial Virus



Transmitted through:

Respiratory droplets

Illness:

Begins 2-8 days after exposure

Contagious:

3-8 days after illness begins



Complications:

Severe respiratory and lung infections

PREVENTION



Get vaccinated Stay home if you are sick



Cover your cough or sneeze



Wash your hands often and avoid touching your face



Clean and disinfect surfaces often



Wear a face covering



Practice physical distancing

