**COVID 19**

Information is constantly being updated by the Centers for Disease Control & Prevention (go to CDC.gov)

**Watch for symptoms**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure** **to the virus.** People with these symptoms may have COVID-19:

* Fever or chills
* Cough
* Shortness of breath or difficulty breathing
* Fatigue
* Muscle or body aches
* Headache
* New loss of taste or smell
* Sore throat
* Congestion or runny nose
* Nausea or vomiting
* Diarrhea

This list does not include all possible symptoms.

When to seek emergency medical attention. Look for **emergency warning signs\*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care** **immediately:**

* Trouble breathing
* Persistent pain or Pressure in the chest
* New confusion
* Inability to wake or stay awake
* Bluish lips or face

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

## Know how it spreads

**The best way to prevent illness is to avoid being exposed to this virus.**

The virus is thought to [spread mainly from person-to-person](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html). Between people who are in close contact with one another (within about 6 feet).

Through respiratory droplets produced when an infected person coughs, sneezes or talks.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

[Wash your hands](https://www.cdc.gov/handwashing/when-how-handwashing.html) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.

**Outside your home:**Put 6 feet of distance between yourself and people who don’t live in your household.

Cover your **mouth and nose** with a **mask** when around others

**Clean & disinfect**[**frequently touched surfaces**](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html)**daily**. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

**Use a household disinfectant.** Most common [EPA-registered household disinfectants](https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2) will work.

In the US there is no vaccine to prevent Covid19

**INFLUENZA**

Everyone 6 months & older should receive a yearly flu vaccine.

Flu signs and symptoms usually come on suddenly. People who are sick with flu often feel some or all of these symptoms:

* Fever\* or feeling feverish/chills
* Cough
* Sore throat
* Runny or stuffy nose
* Muscle or body aches
* Headaches
* Fatigue (tiredness)
* Some people may have vomiting and diarrhea, though this is more common in children than adults.

*\*It’s important to note that not everyone with flu will have a fever*

There are many different flu viruses and they are constantly changing. The composition of U.S. flu vaccines is reviewed annually and updated as needed to match circulating flu viruses. Flu vaccines protect against the three or four viruses (depending on the vaccine) that research suggests will be most common.

There is no change in CDC’s recommendation on timing of vaccination this flu season. **Getting vaccinated in July or August is too early, especially for older people**, because of the likelihood of reduced protection against flu infection later in the flu season. September and October are good times to get vaccinated. However, as long as flu viruses are circulating, vaccination should continue, even in January or later.