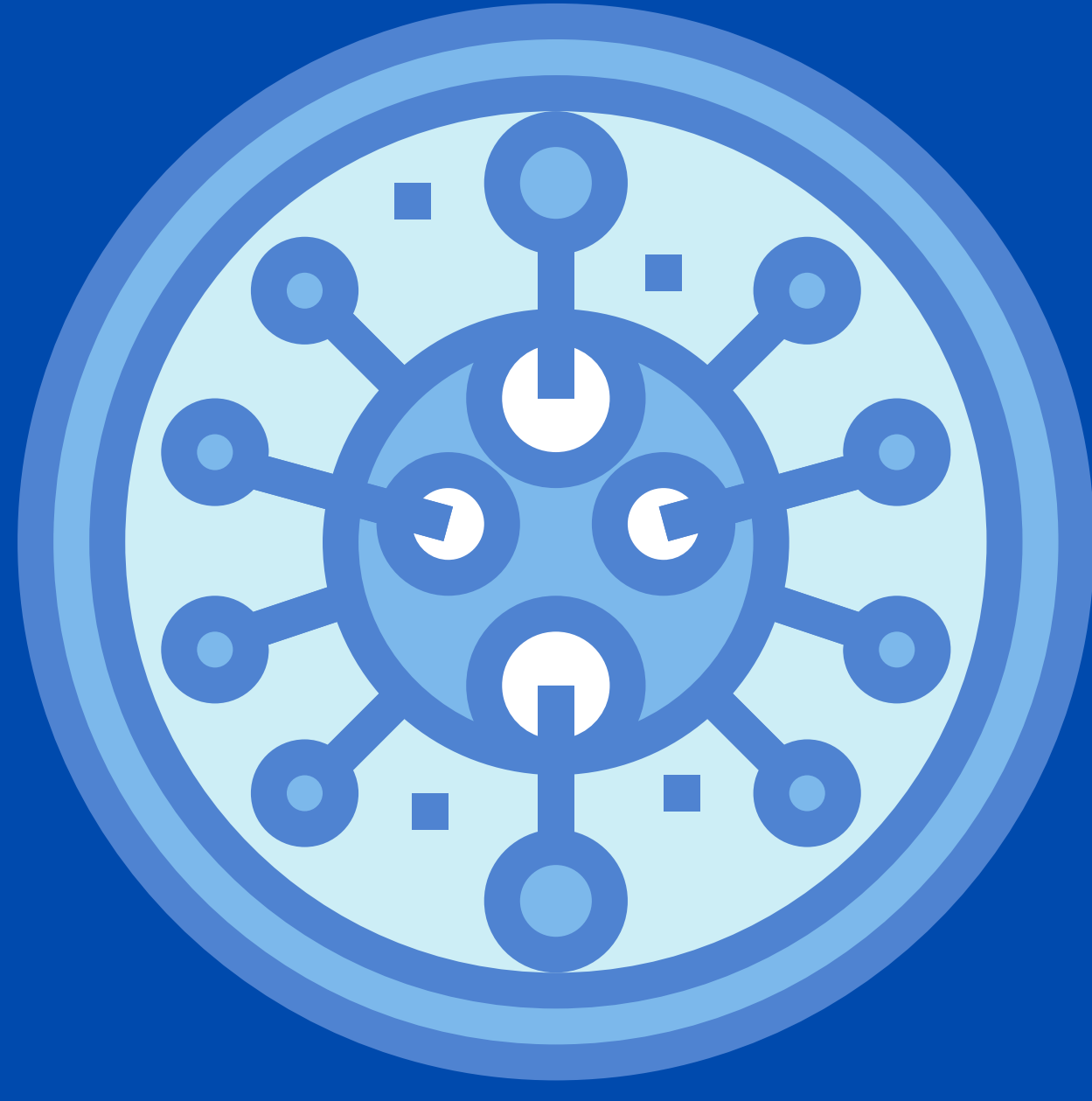




#StopTheSpread

Cold, Flu, or COVID-19?



Cold: Wet and Stuffy

Wet cough, stuffy or runny nose, sore throat, watery eyes, sneezing, body aches

Flu: Chilled and Crummy

Fever, chills, dry cough, body aches, headache, tiredness, watery eyes, sometimes diarrhea



COVID-19: Hard to Breathe

Fever, dry cough, difficulty breathing, changes in taste and/or smell

Symptoms may be severe or mild

| | COLD | FLU | COVID-19 |
|---------------------|------------------|-------------------|-------------------|
| Fever | Sometimes - Mild | Sometimes - Mild | Often |
| Cough | Sometimes - Mild | Often - dry cough | Often - dry cough |
| Shortness of Breath | Rare | Rare | Often |
| Loss of Taste/Smell | Sometimes | Rare | Often |
| Fatigue | Sometimes | Often | Sometimes |
| Muscle Aches | Often | Often | Sometimes |
| Headaches | Rare | Often | Sometimes |
| Sore Throat | Often | Sometimes | Sometimes |
| Runny Nose | Often | Sometimes | Rare |

Things to Know About Viral Illnesses like the Cold, Flu, or COVID-19

Prevention

- Wash your hands frequently and thoroughly
- Get your flu shot every year
- If you or someone around you is sick, try to limit your contact with them
- Clean and disinfect frequently touched objects and surfaces
- Avoid touching your eyes, face, and mouth.

Isolation

- If you've come into contact with a COVID positive patient, self-quarantine for **14 days**.
- If diagnosed with COVID, choose specific areas and items in your house and limit contact.
- Limit contact with the elderly, sick, immunocompromised, or anyone else with multiple health conditions

Seeking Treatment

For COVID-19, go to the hospital if you have:

- Trouble breathing or chest pain
- New confusion
- Bluish lips or face
- Inability to wake up or stay awake

For cold or flu:

- Seek medical care if you notice any of your symptoms worsening.

Meds Do's and Dont's

Ask your pharmacist about medications that can help with the following:

- Lower fever
- Reduce pain
- Relieve congestion
- Soothe sore throat
- Sleep aid

Antibiotics will NOT help with these conditions. DO NOT TAKE.

Talk to a professional before using Tamiflu to determine if it's the best choice for you.

For more resources on COVID-19 visit:

Nova ScriptsCentral - <https://novascriptscentral.org/covid-19/>

References: CDC - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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