



The flu, COVID-19 and RSV: What you need to know

Older people and people with weaker immune systems are at-risk of becoming seriously ill from the flu, COVID-19 and respiratory syncytial virus (RSV). Young children can also become seriously ill from RSV.

Protect yourself and others as we spend more time together indoors:

- Get vaccinated. There are vaccines for both COVID-19 and the flu. There is no vaccine for RSV.
- Stay home when sick.
- If possible, avoid contact with people who are sick.
- If caring for someone who is ill, wear a mask and wash your hands frequently.
- Keep your hands away from your or your child's face.
- Wash your hands regularly for at least 20 seconds.
- Clean surfaces that are often touched, such as doorknobs and electronic devices.
- Wear a mask if you can in crowded indoor settings and around people who have weaker immune systems.
- If you cannot wear a mask, avoid crowded settings, both indoors and outdoors.

The flu, COVID-19 and RSV are all caused by viruses

These viruses can spread when:

- An infected person talks, coughs or sneezes around other people.
- Someone touches a surface or object with one of these viruses on it and then touches their own mouth, nose or eyes.

The flu, COVID-19 and RSV can cause similar symptoms, including:

- Fever
- Cough
- Sore throat
- Runny/stuffy nose
- Muscle or body aches
- Tiredness
- Headache
- Vomiting or diarrhea (flu, more commonly in children)
- Loss of taste or smell (COVID-19)

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Contact the COVID-19 Communications Unit at 1-971-673-2411, 711 TTY or

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