

Covid-19, Cold, Flu? What To Know and What To Do

<u>Symptoms</u>	<u>Covid-19</u>	<u>Cold</u>	<u>Flu</u>
Fever	Common	Rare	Common
Headache	Common	Uncommon	Common
Stuffy Nose	Common	Common	Less Common
Sneezing	Rare	Common	Less Common
Cough	Common (usually dry)	Common	Common
Sore Throat	Common	Common	Less Common
Body Aches & Fatigue	Common	Mild	Common
Vomiting & Diarrhea	Less Common	Rare	More common in children than adults
Loss Of Taste/Smell	Common	Rare	Rare

What to do if you think you have Covid-19?

- Test
- Isolate and inform close contacts
- Call your doctor
- Rest, hydration and over the counter medications as needed
- Monitor symptoms
- Wear mask (N95 or KN95 ideally) if around others

When to seek in-person medical attention?

- Trouble breathing
- Persistent chest pain/pressure
- Confusion
- Trouble staying awake
- Pale, gray or blue colored skin or lips
- ALWAYS call ahead to inform medical professionals that you may have Covid-19

The best way to avoid severe illness from Covid-19?

VACCINATIONS! Over 86-95% reduction in severe disease/hospitalizations with Pfizer, 89-96% with Moderna and 60-73% with Johnson & Johnson

-For more information visit the VT Dept. of Health Website: www.healthvermont.gov