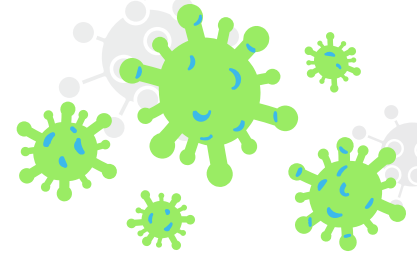


# COVID-19, Flu, and RSV Fact Sheet



COVID-19, RSV, and Flu are contagious respiratory illnesses caused by different viruses. Children, older adults, and people with a weakened immune system or certain health conditions are at higher risk of severe illness or death. Each illness has varying degrees of symptoms and will need testing to confirm diagnosis.

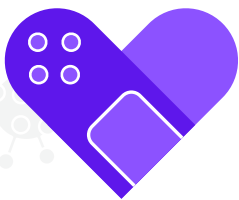
SYMPTOMS	COVID-19	RSV	FLU
FEVER	✓	—	✓
HEADACHE	—	✗	✓
ACHES/PAINS	✓	✗	✓
FATIGUE	—	✗	✓
SORE THROAT	—	✓	✓
COUGH	✓	✓	✓
SHORTNESS OF BREATH	—	—	—
RUNNY NOSE	✗	✓	—
LOSS OF TASTE/SMELL	✓	✗	✗



These viruses are spread through particles and droplets from an infected person's:

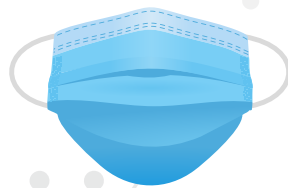
- Cough, sneeze, talking, or touching contaminated surfaces
- Touching a surface/object that has virus on it then touching their own mouth, nose, or eyes.

**KEY**    ✓ COMMON    — SOMETIMES    ✗ NO



## Get Vaccinated

Get your Covid-19 and yearly flu vaccine.



## Mask & Social Distance

Cover coughs and sneezes. Stay away from others if you are sick.



## Wash your Hands

Clean and sanitize surfaces often.



## Visit your Doctor

See your healthcare provider if you are sick or have questions.



For more information, please contact your local healthcare facility or speak with your primary care provider.

**Navajo Health Education Program**  
**Navajo Department of Health**