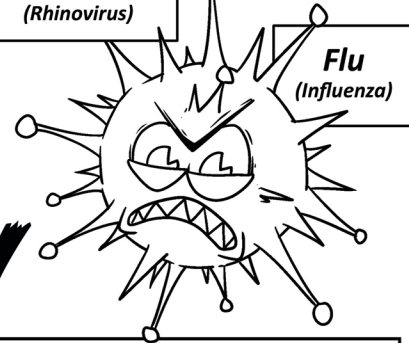


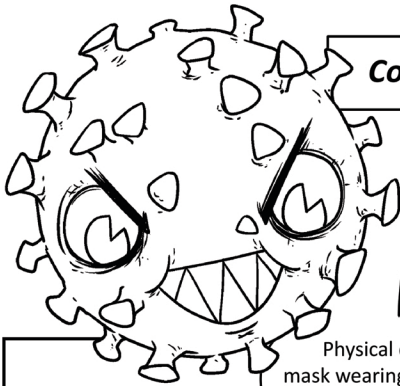
The best way to protect yourself and your family from viruses is to avoid being exposed to them.



**Common Cold**  
(Rhinovirus)

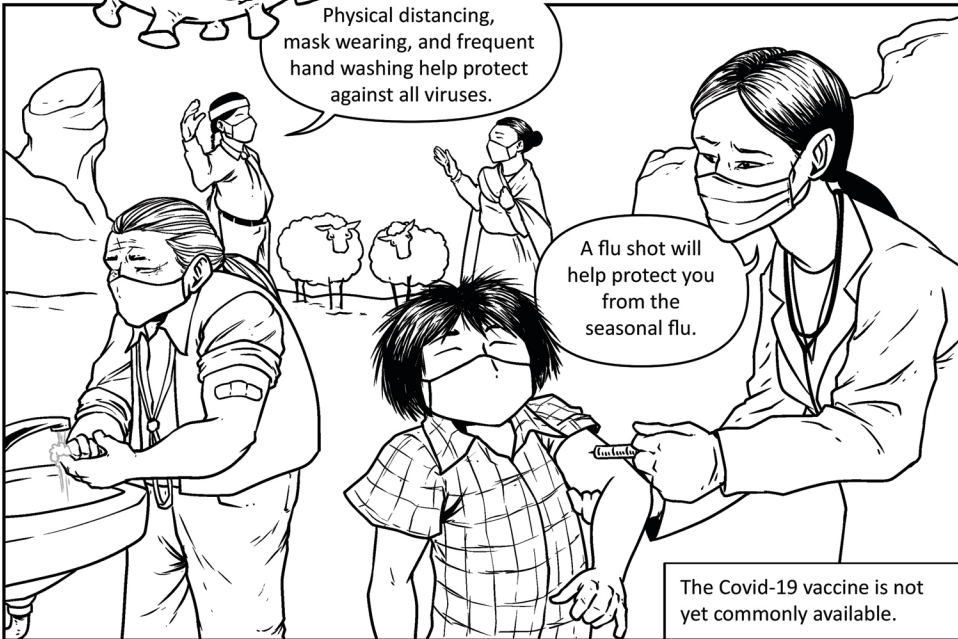


**Flu**  
(Influenza)



**Covid-19**

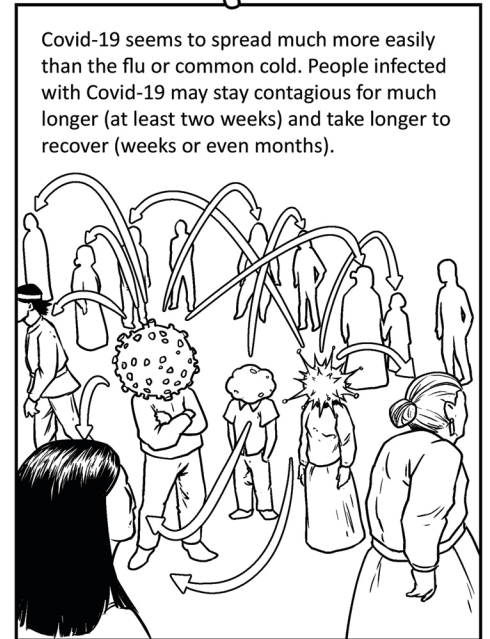
# BEWARE the VIRUS ATTACK!



Physical distancing, mask wearing, and frequent hand washing help protect against all viruses.

A flu shot will help protect you from the seasonal flu.

The Covid-19 vaccine is not yet commonly available.

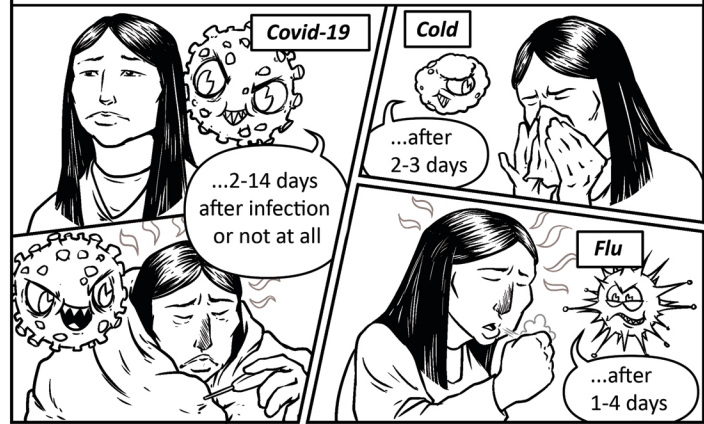


Covid-19 seems to spread much more easily than the flu or common cold. People infected with Covid-19 may stay contagious for much longer (at least two weeks) and take longer to recover (weeks or even months).

All three viruses share similar symptoms, but Covid-19 is believed to cause the most serious symptoms and the common cold the least serious.

| The more faded the virus, the less common the symptom. | Covid-19 | Flu | Cold |
|--|----------|-----|------|
| Fever/ Chills  |          |     |      |
| Aches  |          |     |      |
| Fatigue  |          |     |      |
| Sneezing   |          |     |      |
| Cough  |          |     |      |
| Runny/Stuffy Nose                                      |          |     |      |
| Sore Throat  |          |     |      |
| Headache   |          |     |      |
| Difficulty Breathing                                   |          |     |      |
| Diarrhea/Nausea  |          |     |      |
| Change in or Loss of Taste and Smell                   |          |     |      |

Everyone experiences symptoms differently, but they generally start...



Make sure to get a Covid-19 test if you experience any of the major symptoms and/or think you might have been exposed to Covid-19.

More info on Covid-19: Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)

Created: December 2020