


Fall & Winter Illness Guide

<i>Illness</i>	<i>Symptoms</i>	<i>Treatment/Home Care</i>	<i>Vaccine Availability</i>	
Bronchitis	<ul style="list-style-type: none"> • Cough • Aches • Chills • Headache • Runny nose 	<ul style="list-style-type: none"> • Sore throat • Shortness of breath • Wheezing • Watery eyes 	At home care using tips below	None
Cold	<ul style="list-style-type: none"> • Congestion • Cough • Runny nose 	<ul style="list-style-type: none"> • Sore throat • Possible fever • Sneezing 	At home care using tips below	None
COVID-19	<ul style="list-style-type: none"> • Body aches • Chills • Cough • Diarrhea • Fatigue • Fever 	<ul style="list-style-type: none"> • Headache • Loss of smell/taste • Nausea/vomiting • Shortness of breath • Stuffy/runny nose 	Wisconsinites 18 and older can participate in the state's COVID-19 Treatment Telehealth program; scan this QR code:  (available through April 2024)	Vaccines for those age 6 months and older
Flu	<ul style="list-style-type: none"> • High fever • Chills • Cough • Runny nose • Congestion 	<ul style="list-style-type: none"> • Body aches • Fatigue • Headache • Sore throat 	Tamiflu prescribed by your doctor within 48 hours of starting symptoms At home care using tips below	Multiple vaccines for those age 6 months and up
RSV	<ul style="list-style-type: none"> • Cough • Runny nose • Fever • Congestion 	<ul style="list-style-type: none"> • Wheezing • Rapid breathing • Sneezing 	At home care using tips below	Vaccines available for: <ul style="list-style-type: none"> • Adults age 60 and older. • Pregnant women. • Infants age 8 months and younger born during or entering first RSV season.
Stomach Flu	<ul style="list-style-type: none"> • Vomiting • Diarrhea • Stomach pain 	<ul style="list-style-type: none"> • Mild fever • Headache • Fatigue 	At home care using tips below	A vaccine for babies protects against rotavirus, a type of stomach flu
Strep Throat	<ul style="list-style-type: none"> • Sore throat • Trouble swallowing 	<ul style="list-style-type: none"> • Fever • Stomach pain • Headache 	Antibiotics prescribed by your doctor	None

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Prevention tips:

- Wash your hands often.
- Cover coughs and sneezes.
- Stay home from work, school, childcare and other activities when sick.
- Receive available vaccines.

At home care tips:

- Drink plenty of liquids.
- Rest.
- Nasal suction and saline if congested.
- Humidifier for respiratory illnesses.
- Over the counter medications such as ibuprofen or Tylenol as directed by your doctor.

