**Fall & Winter Illness Guide**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Illness*** | ***Symptoms*** | | ***Treatment/Home Care*** | ***Vaccine Availability*** |
| Bronchitis | * Cough * Aches * Chills * Headache * Runny nose | * Sore throat * Shortness of breath * Wheezing * Watery eyes | At home care using tips below | None |
| Cold | * Congestion * Cough * Runny nose | * Sore throat * Possible fever * Sneezing | At home care using tips below | None |
| COVID-19 | * Body aches * Chills * Cough * Diarrhea * Fatigue * Fever | * 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:  C:\Users\humsaraa\Desktop\DHS telehealth QR code.png  (available through December 2023) | Vaccines for those age 6 months and older |
| Flu | * High fever * Chills * Cough * Runny nose * Congestion | * 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 | * Cough * Runny nose * Fever * Congestion | * Wheezing * Rapid breathing * Sneezing | At home care using tips below | A vaccine is available for adults age 60 and older. An antibody product called nirsevimab is available for all infants 8 months and younger entering their 1st RSV season. |
| Stomach Flu | * Vomiting * Diarrhea * Stomach pain | * Mild fever * Headache * Fatigue | At home care using tips below | A vaccine for babies protects against rotavirus, a type of stomach flu |
| Strep Throat | * Sore throat * Trouble swallowing | * Fever * Stomach pain * Headache | Antibiotics prescribed by your doctor | None |

Revised 9.18.2023

**Prevention tips:**

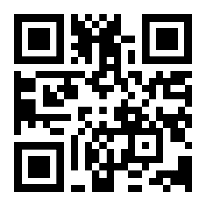
* Wash your hands often.
* Cover coughs and sneezes.
* Stay home from work, school, childcare and other activities when sick.
* Receive available vaccines.



**Visit our website for more information!**

**www.ocph.info**

**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.