**Fall & Winter Illness Guide**

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| ***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 symptomsAt 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 |

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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.



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**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.