



It's the season for Influenza Like Illness (ILI)



What Do Flu, COVID, and RSV (ILIs) have in Common?



PUBLIC HEALTH
COMMUNICABLE DISEASE

- All three are upper respiratory infections with similar symptoms.
- Vaccines are available for all three to help prevent infection or reduce symptoms.
- The steps to prevent the spread of these illnesses are the same.

Common Symptoms:

- Runny or stuffy nose
- Decreased appetite
- Muscle or body aches
- Headache
- Fatigue



- Coughing
- Sneezing
- Fever
- Wheezing

How to Prevent the Spread:

- Stay home and avoid contact with others (including household members) if you have respiratory symptoms.
- Wash your hands frequently with soap and water.
- Wear a mask in public spaces.



When Can You Resume Normal Activities?

You can return to normal activities when BOTH are true for at least 24 hours:

- Your symptoms are improving overall.
- You have no fever without using fever-reducing medication.

What to Do When You Are Sick:

- Use over-the-counter medications like acetaminophen or ibuprofen to manage fever and pain. (Do not give aspirin to children and consult your healthcare provider before giving non-prescription cold medicine to children.)
- Stay hydrated to prevent dehydration, especially with RSV.
- In some cases, your provider may prescribe antiviral medications:
- Influenza and COVID can be treated with antivirals.
- RSV treatment typically does not include antivirals.

