



RSV, COVID-19, and Flu Prevention



Upper & Lower Respiratory Infections This Season

- **RSV, COVID-19, & Flu** can all present with similar signs & symptoms:
 - **RSV** can begin *mild with* runny nose, sneezing, congestion, sore throat, body aches, headaches, fatigue but can *worsen* to wheezing, coughing, fever, decreased appetite, rapid breathing, blue/gray lips & nasal flaring
 - **COVID-19** can present with fever, cough, body, aches, sore throat, headache, fatigue & *vomiting/diarrhea*
 - **Flu** can present similarly to COVID-19 but will usually include *fever, body aches and chills* as its common symptom
- **Respiratory distress is the difference between a serious case of RSV, COVID-19 & Flu versus a mild case**
- **If you or your family member has a *dramatic worsening of respiratory symptoms* with a respiratory infection, seek immediate Emergency Room care**
- The #1 reason people come to the Emergency Room for respiratory infections is due shortness of breath and rapid breathing

Is It RSV, the Flu, or COVID-19?

How to Tell Based on Your **Symptoms**

	RSV	FLU	COVID-19
FEVER	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
COUGH	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
RED EYES	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SNEEZING	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
BODY ACHES	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
SORE THROAT	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
HEADACHE	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
FATIGUE	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
RUNNY NOSE	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
STUFFINESS	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

KEY: ☒ YES ☐ SOMETIMES

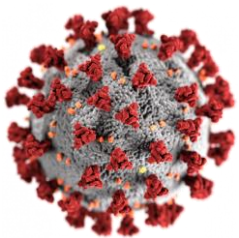


RSV, COVID-19, and Flu Prevention



What's the difference this flu season?

- RSV, COVID-19, & Flu this season has been referred to as a “Tripledemic” due to an increased incidence of RSV in particular
- What's the big deal?
 - Spikes in RSV during flu season in addition to ongoing COVID-19 infections can strain our national health care system
- RSV, COVID-19, & influenza cannot be diagnosed by symptoms alone; your PCM can determine if testing would be necessary or useful in your case



Tripledemic Prevention Pro Tips

- Wash/sanitize your hands often
- Clean & disinfect surfaces, including baby toys
- Avoid close contact with anyone who has cold or flu-like symptoms
- Cover your face when coughing or sneezing
- Avoid touching your eyes, nose, and mouth
- Avoid close contact with others if you have cold or flu-like symptoms
- Avoid sharing utensils
- Stay home if you have cold or flu-like symptoms
- If returning to work/school with lingering, mild symptoms please wear a mask to protect others
- Get your seasonal flu and COVID vaccines
- **Only return to work if you no longer have any diarrhea/vomiting & have been fever free for 24 hours without fever reducing medication**



RSV, COVID-19, and Flu Care



COVID Self-testing:

- Order four free COVID-19 rapid tests delivered to your home
 - <https://www.covid.gov/tests>
- Available at cost online, in pharmacies, and retail stores

To schedule a COVID, Flu, or RSV test:

- Make an appointment with your Provider Team through the clinic appointment line:
 - (575) 784-2778 0700 – 1600 Mon - Fri

Cannon Immunizations Clinic:

- Hundreds of millions of people have safely received a COVID-19 vaccine under the most intense safety monitoring in U.S. history. Get your vaccine today to protect yourself this fall and winter.
- Flu Vaccine/COVID-19 Vaccines & Boosters:
 - AD, DEP & RET– call 575-784-2778 to schedule an appointment
 - Updated COVID-19 Vaccines/Boosters recommended for 6 mons & up
 - Go to [Vaccines.gov](https://www.vaccines.gov) to find COVID-19 Vaccines for children 11 & below
 - **As of 27 September 2023 flu vaccines are not currently in stock at Cannon Immunizations clinic, but are anticipated soon**
 - You may call our local Walgreens at 575-762-3851 to schedule a vaccination -- Please bring copy of proof of vaccination into Immunization Clinic for transcription into your medical record

Pharmacy Cough & Cold Clinic:

- If you have tested for **COVID-19** and are **negative** and are wanting over-the-counter medication for symptom management, the 27 SOMDG Pharmacy can provide medications without a prescription
 - Report to the 27 SOMDG Pharmacy and fill out required questionnaire
- If you are **positive for COVID-19** and your provider has placed a prescription to the Cannon AFB pharmacy, please call the pharmacy to activate your medications and they will bring it to your car.
 - For questions, please call the pharmacy at:
 - 575-784-4912 *option 2, then 4

AD Requesting Quarters:

- Supervisors are authorized to approve 24-hr quarters
- Call your Provider Team through the clinic appointment line.
 - (575) 784-2778 0700 -1600 Mon- Fri
 - *Note: Public Health **CANNOT** provide quarters




COVID-19 Specific Guidance



Regardless of Vaccination Status:

- Non-Healthcare personnel with signs and symptoms should isolate from others for 5 days (starting from onset of positive symptoms, regardless of when they tested). If they are vomit/diarrhea/fever free (without the use of fever reducing medication) with no new symptoms they can return to duty/work/public activities, however, should wear a mask for 10 days following
- Members who have worsened symptoms such as a Moderate Illness (experienced shortness of breath or had difficulty breathing) should isolate for the full 10 days (starting from onset of positive symptoms, regardless of when they tested) and should wear a mask for 10 days following
- Members who have worsened symptoms such as a Severe Illness (were hospitalized or have a weakened immune system) should isolate for at least 10 days and maybe up to 20 days (starting from onset of positive symptoms, regardless of when they tested) AND should consult their PCM prior to returning to duty/work/public activities and should wear a mask for 10 days following
- **COVID-19 Case reporting to Public Health is no longer required** with the exceptions of cases requiring hospitalization or resulting in death.





Medical Questions or Concerns?

Cannon AFB Clinic Appt Line:
0700 – 1600 Mon - Fri
(575) 784-2778

Cannon AFB Pharmacy:
0730 – 1700 Mon – Fri
(575) 784-4912 * option 2, then 4

Nurse Advice Line: 1-800-874-2273
option 1

* For medical care outside of duty hours please go to a local civilian Emergency Department/ Urgent Care near you or call the Nurse Advice Line at 1-800-TRICARE

<https://www.cdc.gov/flu/resource-center/index.htm>

<https://www.knowingrsv.com>