

COVID-19, RSV, and Seasonal Flu

Respiratory virus symptoms



Fever



Chills



Fatigue



Cough



Headache

Core ways to prevent illness



Vaccines



Hygiene



Treatment



Stay Home and
Prevent Spread



Steps for
Cleaner Air

Additional ways to prevent illness



Masks



Tests

If you are feeling sick, stay home and away from others for 24 hours until BOTH:



Your symptoms are getting better

You are fever-free (without meds)



Then take added precautions for the next 5 days.

Use additional strategies when:

- ✓ Many people in your community are getting sick.
- ✓ You, or those around you, were recently exposed, are sick, or are recovering.
- ✓ You, or those around you, are more likely to get severely sick.

People who are more likely to get severely sick



Older adults



Infants and children under 5



People with disabilities



Pregnant people



People with certain health conditions



People with weakened immune systems

COVID-19, RSV, and Seasonal Flu Resources

Vaccine Quick Facts

- The flu shot is updated every year to protect against the types of flu predicted to be the most common.
- Updated COVID-19 vaccines are created to protect against the most recent types/variants of the virus.
- RSV immunizations protect infants and eligible adults 50 years of age and older from severe RSV infection.

Find More Information on Vaccines

- bit.ly/FluPHL
- bit.ly/COVIDvaxPHL
- bit.ly/RSVvaxPHL



Contact your healthcare provider if you have questions about vaccines or if you are feeling sick.

Find a Health Provider

It is important to have a primary care provider you trust to help you stay healthy through the fall season, especially if you have a chronic health condition.

Use the **Primary Care Finder** at www.phila.gov/primary-care to find free or low-cost medical care, even if you do not have insurance.

Search by language, location, specialty and more.

Ask the Health Department

For more information or if you have any questions, call the Philadelphia Department of Public Health Call Center at **215-685-5488**, open **Monday-Friday 8:30 a.m. - 5:00 p.m.**

For interpretation, **press 2** for Spanish; **press 3** for interpretation in your language.

Dial 711 for **TRS/TTY assistance.**

The Public Health Preparedness Program helps communities prepare for and respond to public health emergencies through community trainings, resource tables, and door-to-door canvassing. We can come to your community!

Visit our website at bit.ly/PDPHPreparednessOutreach.

For printed copies of this flyer, questions, or problems with the translation, email us at

PublicHealthPreparedness@phila.gov or leave a message at **215-683-0806**.

We would love to hear from you!

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