



Understanding the:

Common Cold, Seasonal Flu, and COVID-19

Presented by

WA WellAdvantage The Well Workplace, LLC™



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Today's Topics

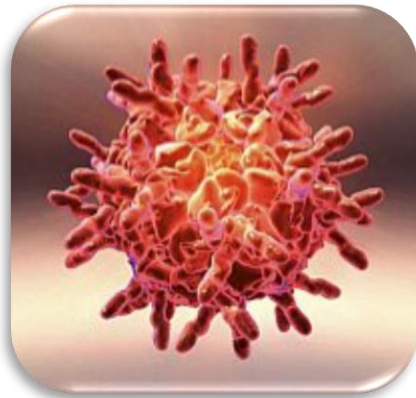
1. Differentiating between the Common Cold, Seasonal Flu and COVID-19.
2. Know when to seek medical help.
3. Best practice treatment recommendations.
4. Prevention strategies.



I. Differentiating between the Common Cold, Seasonal Flu and COVID-19

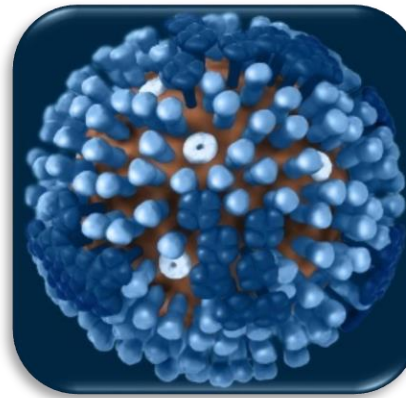
Causes

Common Cold



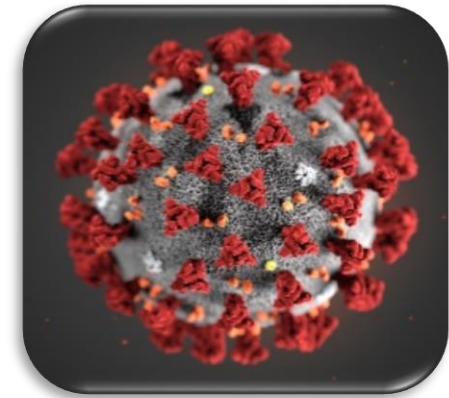
Human Rhinovirus

Seasonal Flu



Influenza Virus

COVID-19



**Coronavirus
(SARS-CoV-2)**



How are Viruses Spread?

1. Person to Person

2. Person to Object



Symptoms: Common Cold vs Seasonal Flu

Signs & Symptoms	Common Cold	Seasonal Flu
Symptom Onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, Weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Cough / Chest Discomfort	Mild to moderate	Common
Stuffy Nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common



Symptoms: Common Cold vs Seasonal Flu

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Recognizing Seasonal Flu from COVID-19





Seasonal Flu vs COVID-19

Signs and Symptoms

Common Symptoms


- ✓ **Fever or feeling feverish/chills**
- ✓ **Cough**
- ✓ **Shortness of breath or difficulty breathing**
- ✓ **Fatigue (tiredness)**
- ✓ **Sore throat**
- ✓ **Runny or stuffy nose**
- ✓ **Muscle pain or body aches**
- ✓ **Headache**
- ✓ **Some people may have vomiting and diarrhea, though this is more common in children than adults**



COVID-19 Differentiators

Signs and Symptoms Specific to COVID-19

- ☑ Change in Taste or Smell
- ☑ Delayed onset
- ☑ May be contagious for longer period of time
- ☑ More easily spread
- ☑ Complications



2. When should you seek medical help?



Emergency Warning Signs

☒ Should I call the doctor?

☒ Should I go to the emergency room?



Emergency Warning Signs

- ☒ Guidelines
- ☒ Severe or Concerning



Emergency Warning Signs

COVID-19

- ☑ Trouble breathing
- ☑ Persistent pain or pressure in the chest
- ☑ New confusion
- ☑ Inability to wake or stay awake
- ☑ Bluish lips or face

**If someone is showing any of these signs,
seek emergency medical care immediately.**



Emergency Warning Signs

Seasonal Flu

- ☑ Difficulty breathing or shortness of breath
- ☑ Persistent pain or pressure in the chest or abdomen
- ☑ Persistent dizziness, confusion, inability to arouse
- ☑ Seizures
- ☑ Not urinating
- ☑ Severe muscle pain
- ☑ Severe weakness or unsteadiness
- ☑ Fever or cough that improve but then return or worsen
- ☑ Worsening of chronic medical conditions



Emergency Warning Signs

Common Cold

Symptoms of the common cold are usually less severe,

However, if symptoms are severe or unusual,

You should call your health care provider immediately.



Who is at Risk for Severe Illness or Complications? **COVID-19**

What you need to know

- ☑ Anyone can have mild to severe symptoms.
- ☑ People at Higher Risk for Serious Complications:
 - Older adults
 - People of any age, who have severe underlying medical conditions



Who is at Risk for Severe Illness or Complications?

Seasonal Flu

What you need to know

- ☑ Most people with seasonal flu will not need medical care
- ☑ Certain people are at higher risk for developing serious flu related complications.
 - People 65 and older
 - People of any age with chronic medical conditions
 - Pregnant women
 - Children younger than 5 years



3. Treatments



Treatments for **Common Cold**

- ☑ There is no cure for a cold
- ☑ Treatment includes:
 - Allowing the body to do the work of healing
 - Managing symptoms



Treatments for Common Cold

- ☑ Allow the body to do the work of healing
 - Get plenty of rest
 - Drink plenty of fluids

- ☑ Manage Symptoms
 - Use over-the-counter medications as desired to help ease symptoms



Treatment for Seasonal Flu

1. Stay at home and rest.
2. Avoid close contact with well people.
3. Drink plenty of water and other clear liquids to prevent fluid loss (dehydration).
4. Anti-viral drugs.



Treatment for Seasonal Flu

- If you have symptoms of the flu, call your health care provider:
 - ✓ If you get very sick
 - ✓ If you are pregnant,
 - ✓ If you are over 65 years or older,
 - ✓ If you are at high risk of flu-related complications



Treatment for COVID-19

Many people have mild illness and are able to recover at home.

1. Contact your healthcare provider
2. Stay home except to get medical care
3. Separate yourself from other people
4. Rest and stay hydrated
5. Stay in touch with your doctor
6. Monitor your symptoms

Watch for emergency warning signs



4. Prevention Strategies

A vertical decorative image on the left side of the slide showing autumn leaves in shades of yellow and orange, some floating on a body of water and others on a stone ledge.

Prevention Strategies: **Vaccines**

I. CDC Best Practice Prevention Strategy I

- **Seasonal Flu Vaccine**
- COVID-19 Vaccine – Not yet available



Prevention Strategies: **Prevent Exposures**

2. CDC Best Practice Prevention Strategy 2

- Avoid exposures

☒ Wash hands often:



Prevention Strategies: **Prevent Exposures**

☒ Cover your mouth and nose

A vertical decorative image on the left side of the slide showing autumn leaves in shades of yellow and orange, some floating on a body of water and others on a stone ledge.

Prevention Strategies: **Prevent Exposures**

☒ Avoid close contact



Prevention Strategies: **Prevent Exposures**

☑ Cover coughs and sneezes



Prevention Strategies: **Prevent Exposures**

☒ Clean and disinfect



Thank You!





Understanding Common Cold, Seasonal Flu & COVID-19



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