

Delaware County Health Department

Prevention Strategies for 2022-2023 Respiratory Illness Season

Increases in respiratory illness typically occur in the fall and winter in our community. As you may have heard in the news, health care providers are currently experiencing a high number of visits due to infections with the seasonal flu, COVID-19, and earlier than expected Respiratory Syncytial Virus (RSV) infections here in Delaware County.

Prevention strategies work!

- **Get a flu vaccine**
- **Get a COVID vaccine or booster if you are eligible**
- **Ask your health provider about a RSV vaccine for infants who are born prematurely or have risk factors**

To prevent all viral infections:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the used tissue away.
- Wash hands often with soap and water for 15-20 seconds, especially after you cough or sneeze.
- Wear a face mask if you have symptoms, and stay away from those who are vulnerable.
- Avoid touching your face, eyes, nose, and mouth with unwashed hands.
- Do not share personal items.
- Insist that others wash their hands with warm water and soap before touching infants.
- Be aware that kissing an infant can spread viral infection.

COMMON SYMPTOMS OF COVID-19, FLU, AND RSV

Learn more at:
<https://www.delcopa.gov/health/pages/flu.html>



Common Symptoms	COVID-19	Flu	RSV
Fever and/or chills	✓	✓	✓
Headache	✓	✓	
Muscle pain or body aches	✓	✓	
Feeling tired or weak	✓	✓	
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing			✓
Cough	✓	✓	✓
Shortness of breath or difficulty breathing	✓	✓	✓
Vomiting and diarrhea	✓	✓	
Change in or loss of taste or smell	✓		

For general information and assistance, contact the Delaware County Health Department Wellness Line

Phone: (484) 276-2100 (Available 24/7) Email: DelcoWellness@co.delaware.pa.us