

Staying Healthy This Winter: Preventing COVID-19 and the Flu

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Today's Discussion

- Flu: Spread, Symptoms, Prevention
- Flu vs. COVID-19
- COVID-19: Spread, Symptoms, Prevention
- COVID-19 Testing
- Resources

What is the Flu?

- Contagious respiratory illness (influenza)
- Influenza viruses affect the nose, throat, and lungs
- Droplets while coughing, talking, sneezing
- Mild to severe symptoms; can be fatal



Source: <https://www.cdc.gov/flu/about/index.html>

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Flu Symptoms

- Fever/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting and diarrhea



Source: <https://www.cdc.gov/flu/about/index.html>

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Flu Prevention

- Best way – flu vaccine!
 - Everyone 6 months and older should get vaccinated
 - Older adults 65+
 - (Senior) high dose vaccine - 4X regular flu shot
 - Aging lowers immune response
 - Increased dose promotes stronger response



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Flu Prevention

- Everyday Practices

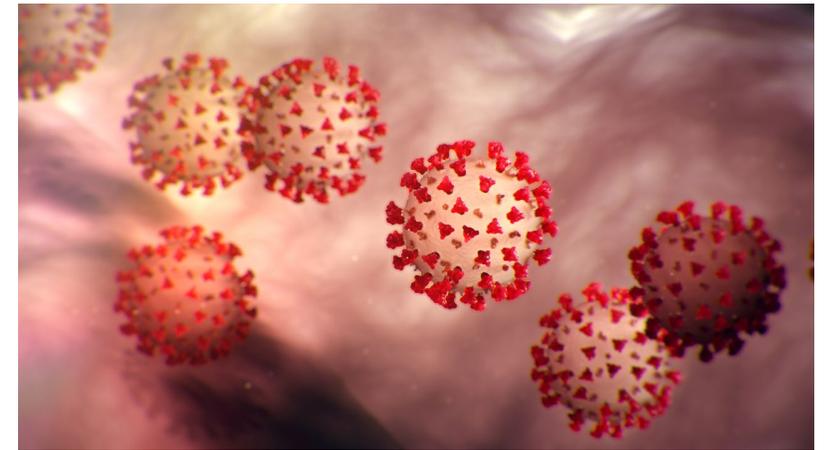
- Avoid touching eyes, nose, mouth
- Sneeze into your elbow or tissue and throw away
- Wash and sanitize hands often

- Antiviral medications*



Flu vs. COVID-19

- Both contagious respiratory illnesses with similar symptoms
- COVID-19:
 - Caused by a "novel" coronavirus
 - Affects multiple organs in the body
 - People do not always show symptoms



How is COVID-19 Spread?

- Close contact with infected person:
 - 6 feet or less (2 arm lengths) for more than 10-15 minutes
 - Touching a surface with virus and then touching
 - Eyes
 - Nose
 - Mouth
- Respiratory droplets released through:
 - Coughing
 - Sneezing
 - Talking



COVID-19 Symptoms

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Fever >100
Chills
Rigors
Shortness of Breath
Cough
Difficulty Breathing
Runny Nose
Loss of Taste
Loss of Smell
Wheezing
Congestion
Headache
Back Pain
Fatigue
Muscle Aches
Abdominal Pain
Nausea
Vomiting
Diarrhea

When to Seek Emergency Medical Care for COVID-19?

- **Seek emergency medical care and call 911 immediately when:**
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Bluish lips or face



Isolation vs. Quarantine



• Isolation

Who Should Isolate?

- Positive case (someone who receives a positive COVID-19 test result)

How Long is Isolation?

- 10 days since onset of COVID-19 symptoms
OR 10 days since positive test result

• Quarantine

Who Should Quarantine?

- Someone who comes into contact (known as a "Contact") with a positive COVID-19 case

How long is Quarantine?

- 14 days since last contact

REMEMBER: A negative test result **does not** end quarantine early

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How to Effectively Isolate and Quarantine

- Wear a mask!
- Practice social distancing of 6ft or more.
- Wash and sanitize hands often.
- Stay and sleep in a private room away from others.
- Check and record your temperature twice per day
- Have someone else care for your pet.
- Have food prepared by others and delivered to your door.
- Do not share utensils. Use disposable utensils if possible.



How to Effectively Isolate and Quarantine

- Prohibit unnecessary visits to your home.
- Use separate bathrooms OR if only one bathroom, clean and sanitize between each use.
- Bag your garbage and leave outside your door for pick up.
- Have someone else do your laundry if possible. Do not shake dirty laundry.
- Wear gloves when doing laundry, cleaning surfaces, etc.



Protect Yourself & Others: *Mask Up!*



Proper Mask Wearing:

- Over your nose
- Under your chin
- Tighten loop – snug, no gaps

Protect Yourself & Others: *Social Distancing*



- **Stay Home When Not Feeling Well**
- **Socially Distance:**
 - Keep a safe distance of 6 feet or more (2 arms length)

Protect Yourself & Others: *Wash Your Hands!*

- **Hand Hygiene**

- At least 20 seconds (i.e. sing Happy Birthday 2 times) with soap and warm water
- Hand sanitizer containing at least 60% alcohol
- Do not touch eyes, nose, and mouth with unwashed hands



Protect Yourself & Others: Self-Monitor

- Cover your coughs and sneezes
- Daily Health Checks
 - Self-monitor for COVID-19 symptoms
 - Check temperature
 - Contact medical Care Provider or 911



Know Your Risk

- Monitor for COVID-19 symptoms daily
- Underlying Illnesses:
 - Obesity
 - Type-2 Diabetes
 - Heart Disease
 - Sickle Cell Anemia
 - Cancer
 - Chronic Kidney Disease
 - Chronic obstructive pulmonary disease
 - Weakened Immune System from organ transplant
- Elderly; pregnant women



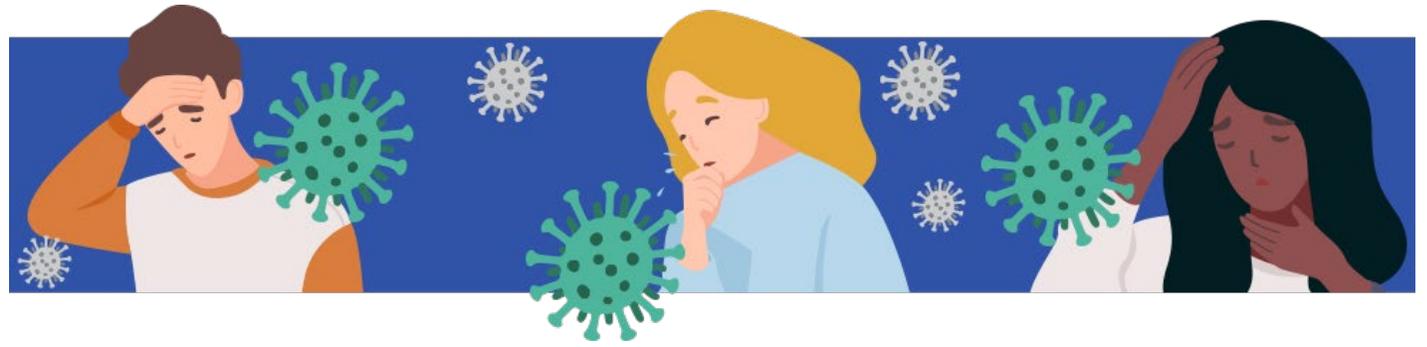
COVID-19 Testing

- Diagnostic Testing:
 - Nose or Throat Swab Test
 - Current Infection

*Rapid tests are less sensitive and may require a follow up lab-based test
- Antibody testing:
 - Blood Test
 - Detects exposure NOT current infection
 - Does not determine immunity



COVID-19 Testing



- When to Get Tested:
 - If you are concerned **OR**
 - If you are identified as a close contact **OR**
 - If you show COVID-19 symptoms

- [COVID-19 Testing Sites in Albany County](https://www.albanycounty.com/departments/health/coronavirus-covid-19/testing-results)

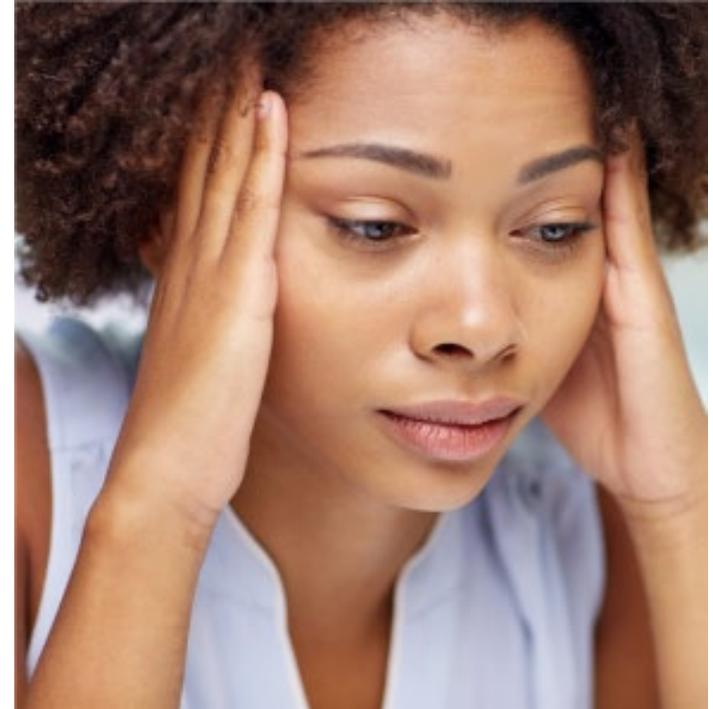
<https://www.albanycounty.com/departments/health/coronavirus-covid-19/testing-results>



COVID-19, Stress and Coping

Stress during the COVID-19 pandemic impacts:

- Health status – individual; family; community
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances.



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Coping Resources



- Take Care of Your Mental Health
 - [Albany County Department of Mental Health:
https://www.albanycounty.com/departments/mental-health](https://www.albanycounty.com/departments/mental-health)
 - COVID-19 Support Line: 518-269-6634 (8am-5pm;7 days/week)
- Seek Community Support Services and Resources
 - [Regional Food Bank of Northeastern New York
https://regionalfoodbank.net/](https://regionalfoodbank.net/)
- Community Resources for Youth:
 - [Albany County Department of Recreation
https://www.albanycounty.com/departments/recreation](https://www.albanycounty.com/departments/recreation)



Coping Resources – Teachers, Parents, Children

- CDC COVID-19 Parental Resources Kit

Resources, by Age Group

Learn about the social, emotional, and mental health challenges faced by each age group, find out what you can do to help, and access age-group specific resources to get you started.

[Early Childhood \(0-5y\)](#) | [Childhood \(6-12y\)](#) | [Adolescence \(13-17y\)](#) | [Young Adults \(18-24y\)](#)

Early Childhood (birth - 5y) | Childhood (6 - 12 y) | Adolescence (13-17 y) | Young Adults (18 - 24 y)

Lifespan

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html>

STAY SAFE!
STAY HEALTHY!
DO YOUR PART!



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