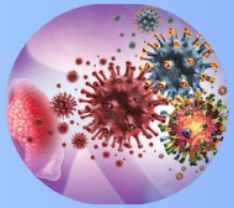


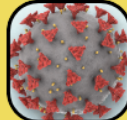













# WATERBURY HEALTH DEPARTMENT



## Comparing Respiratory Viral Diseases

	<b>COMMON COLD</b>	<b>INFLUENZA</b>	<b>COVID-19</b>	<b>RSV</b>
				
 <p>Causative pathogen</p>	Most commonly Rhinovirus, but there are other viruses like Adenovirus as well	Influenza Virus (Type A and B)	Severe Acute Respiratory Syndrome Corona Virus 2 (SARS-Cov-2)	Respiratory Syncytial Virus
 <p>Level of Infectivity</p>	Less contagious	Contagious (Some strains like current Type A H3N2, subclade K is more contagious)	More contagious	More contagious
 <p>Time from exposure to emergence of signs &amp; symptoms</p>	2 to 3 days	1 to 4 days	2 to 14 days (may vary according to the variant type)	4 to 6 days
 <p>Signs &amp; symptoms</p>	Cough Low grade fever Sneezing Sore throat Stuffy Nose Ear pain in children	Body aches Chills Cough Fatigue High fever Headache Sore throat Stuffy nose	Body aches Breathlessness Chills Cough Diarrhea Fatigue Fever Headache Loss of smell/taste Nausea/vomiting Red eyes Stuffy /runny nose	Cough Runny nose Sneezing Fever Wheezing Blue tint to lips or face Rapid breathing Decreased appetite
 <p>Commonly affected population groups</p>	Any age group may get infected  Often, adults may have two or three colds each year  Infants and young children may have colds more often	Commonly 65 years and above are most affected, Other affected groups are: children younger than 5 years old, people with chronic disease, immunocompromised state, and pregnant women	Any age group may get infected, but people age 65 years and older and babies younger than 6 months have a higher risk of serious COVID-19 illness	Particularly severe in infants and older adults (65 years and above), though any age group could be infected



 <p>Diagnosis &amp; Testing</p>	Typically diagnosed on clinical symptoms	Rapid antigen tests, PCR tests	Rapid antigen tests, PCR tests	Rapid antigen tests, PCR tests
 <p>Vaccination &amp; Immunization</p>	None	Multiple vaccines are approved and available	<p>Two- and three-dose vaccine approved for ages 6 months-4 years</p> <p>Two-dose vaccine and booster approved for ages 5 and older</p> <p>Multiple vaccines and boosters approved for adults</p>	<p>Vaccine is available for:</p> <ul style="list-style-type: none"> <li>All 75 years and above</li> <li>50-74 years who are at increased risk of severe RSV disease.</li> <li>Pregnant mothers</li> </ul> <p>Immunization with RSV antibody available for babies and young children</p>
 <p>Outcome / Prognosis</p>	<p>Most people recover from a common cold in 7 to 10 days</p> <p>Symptoms might last longer in people who smoke</p>	Most people recover, but elderly remain the most significantly impacted with highest rates of hospitalization and mortality	Many people with COVID-19, recover at home. But some people may need care in the hospital, treatment in the intensive care unit and the need for breathing help and steroid medications	Most children and older adults recover from RSV, but sometimes, it can lead to severe illnesses such as: swelling of the small lung airways, pneumonia or even death

**Note:**

It is difficult to tell the difference between cold, flu, RSV and COVID-19 based only on what you or a family member is feeling, because there's so much symptom overlap.

The only way to know for sure if you have a cold, COVID-19, RSV, or the flu is to **get tested**.

If you're high-risk for becoming severely ill due to older age, being immunocompromised or having a chronic condition, talk to your doctor early.

**Treatment:**

Follow your doctor's instruction for treatment. Antiviral medications may be needed and will be prescribed by your doctor.

Other common antibiotics (antibacterials) do not work on viruses.

**Remember:**

If you or anyone in your family are experiencing severe symptoms, such as:

- difficulty breathing
- chest pain or pressure
- sudden confusion
- severe fatigue or dehydration

**then, seek medical care immediately or call 911.**

If you are feeling sick, then:

- Stay home and rest
- Avoid close contact with others or wear a mask if you must be around others and disinfect frequently.
- Wash your hands frequently with sanitizer or soap.
- Consider using at-home kits to test for COVID-19, the flu or both.





## Resources:

1. Cleveland clinic. What is the difference between RSV, Flu and Covid-19. <https://health.clevelandclinic.org/rsv-vs-covid-vs-flu>
2. Mayo Clinic. Common cold. [Common cold - Symptoms and causes - Mayo Clinic](#)
3. University of California San Francisco Health. Do you have a Cold, the Flu or Covid-19?. <https://www.ucsfhealth.org/education/do-you-have-a-cold-the-flu-or-covid-19>
4. CDC Respiratory illnesses. <https://www.cdc.gov/respiratory-viruses/index.html>
5. Mayo clinic. Covid-19: Who is at higher risk of serious symptoms? <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-who-is-at-risk/art-20483301>
6. Immunize.org. Vaccines A-Z. <https://www.immunize.org/>

