

















National Lutheran Communities & Services

Do you have a cold, a flu or Covid-19?

What does being sick with COVID-19 look like compared with a cold or the flu?

<u>COLD/UPPER RESPIRATORY INFECTION</u>	<u>INFLUENZA</u>	<u>COVID-19</u>
 <p>Runny/stuffy nose/ sneezing</p>	 <p>Fatigue</p>	 <p>Fatigue</p>
<p>SOMETIMES: Sore throat</p> 	<p>Aches and Pain</p> 	<p>Dry Cough</p> 
 <p>SOMETIMES: Fatigue</p>	<p>Fever</p> 	<p>Fever</p> 
<p>RARE SYMPTOM: Aches and Pain</p> 	<p>Cough</p> 	<p>SOMETIMES: Runny nose</p> 
	 <p>Runny/stuffy nose</p>	<p>MAJOR SYMPTOM: Shortness of breath or difficulty breathing</p> 

Protect against Covid-19 (coronavirus)

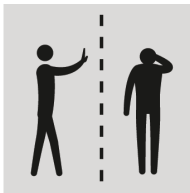
Let's work together to help stop the spread of germs!



- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.



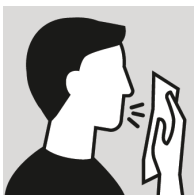
- Avoid touching your eyes, nose, and mouth with unwashed hands.



- Avoid close contact with people.



- Slow the spread...please stay at home.



- When around others, cover your cough or sneeze with a tissue, then throw the tissue in the trash.



- Sanitize surfaces