

Here's how to help your mask help you.

Breathing through a mask creates a barrier against respiratory droplets.

- 1 Choose a mask that fits snugly.**
A mask with gaps around the nose or cheeks allows air to freely exit or enter.
- 2 A cloth mask worn over a disposable mask** adds an additional layer and improves fit. (Don't wear two disposable masks.)
- 3 A cloth mask with multiple layers** blocks more droplets than a cloth mask with only one layer of fabric.
- 4 Consider an N95, KN95, and KF94 respirator** from a trusted source. These have high filtration efficiencies and are designed for a tight fit to the face.



Comparing Cold, Flu, Allergies & COVID-19

Prepared by the Northwest Portland Area Indian Health Board (NPAIHB)

Symptoms	Cold	Flu	Airborne Allergy	COVID-19
Fever	Rare	Usual, high (100–102 °F), sometimes higher, especially in young children); lasts 3–4 days	Never	Common
Headache	Uncommon	Common	Uncommon	Common
General Aches, Pains	Slight	Usual; often severe	Never	Common
Fatigue, Weakness	Sometimes	Usual, can last up to 3 weeks	Sometimes	Common
Extreme Exhaustion	Never	Usual, at the beginning of the illness	Never	Common
Stuffy, Runny Nose	Common	Sometimes	Common	Common
Sneezing	Usual	Sometimes	Usual	Rarely
Sore Throat	Common	Sometimes	Sometimes	Common
Cough	Common	Common, can become severe	Sometimes	Common, dry cough
Chest Discomfort	Mild to moderate	Common	Rare, except for those with allergic asthma	Common; can cause trouble breathing or persistent pain or pressure in the chest that calls for immediate emergency care
Loss of Taste or Smell	Rarely	Rarely	Rarely	Common

	Cold	Flu	Airborne Allergy	COVID-19
Treatment	Get plenty of rest. Stay hydrated. (Drink plenty of fluids.) Decongestants. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches, pains, and fever	Get plenty of rest. Stay hydrated. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches, pains, and fever. Antiviral medicines (see your doctor)	Avoid allergens (things that you're allergic to) Antihistamines Nasal steroids Decongestants	NIH has developed guidance on treatment of COVID-19, which is regularly updated. Consult with your medical provider on treatment options.

	Cold	Flu	Airborne Allergy	COVID-19
Prevention	Wash your hands often. Avoid close contact with anyone who has a cold.	Get the flu vaccine each year. Wash your hands often. Avoid close contact with anyone who has the flu.	Avoid allergens, such as pollen, house dust mites, mold, pet dander, cockroaches.	Get the COVID-19 vaccine, recommended for everyone age 5 and older. Wear a mask in indoor public places. Avoid crowds. Wash your hands often and avoid touching your eyes, nose, and mouth. Get tested if you think you might have COVID-19.

	Cold	Flu	Airborne Allergy	COVID-19
Complications	Sinus infection middle ear infection, asthma	Bronchitis, pneumonia; can be life-threatening	Sinus infection, middle ear infection, asthma	Pneumonia, respiratory failure, acute respiratory distress syndrome (fluid in lungs), sepsis, cardiac events (e.g., heart attack and stroke), multiple organ failure, inflammation of the heart, brain, or muscle tissue, death

The only way to know way to know your illness is to get tested

It's always a good idea to isolate if you have a viral illness to protect the people around you



For more information please visit <https://newsinhealth.nih.gov/2022/01/it-flu-covid-19-allergies-or-cold>

Siletz Community Health Clinic Flu Shot Access

- ❖ **At SCHC or your primary care provider during regular business hours**
 - Schedule an appointment
 - Drive through flu clinics @ SCHC – watch for more info
- ❖ **Your Pequot card at your local pharmacy**
 - Pequot is accepted at all CVS network pharmacies that currently accept your Pequot card.
 - You or your pharmacist can contact Pequot at 888-779-6638 if you have any questions.
 - Using your Pequot card will **not** reduce your annual Pequot benefit

COVID-19 QUARANTINE VS. ISOLATION



QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.

Quarantine if you have been in close contact with someone who has COVID-19, unless you have been fully vaccinated.

If you are fully vaccinated (up to date)

- You do NOT need to quarantine unless you have symptoms
- Get tested 5-7 days after your exposure, even if you don't have symptoms
- Wear a mask indoors in public for 10 days following exposure or until your test result is negative

If you are not fully vaccinated (up to date)

- Stay home for 5 days after your last contact with a person who has COVID-19. Wear a mask for 10 days.
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19
- Contact your local public health department for options in your area to possibly shorten your quarantine



ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

People who are in isolation should stay home and stay in a specific "sick room" or area and use a separate bathroom (if available).

If you are sick and think or know you have COVID-19

- Stay home until after
- At least 5 days since symptoms first appeared **and**
 - At least 24 hours with no fever without the use of fever-reducing medications **and**
 - Symptoms have improved

If you tested positive for COVID-19 but do not have symptoms

- Stay home until after 5 days have passed since your positive viral test
- If you develop symptoms after testing positive, follow the steps above for those who are sick



cdc.gov/coronavirus