



Illnesses that affect breathing include the flu, RSV, COVID-19, pneumonia, and more. They are common during the colder months and can spread to others. These illnesses are easier to get if you have a chronic condition. **24/7 Somatus Care Line at (855) 851-8354, ext. 9.**

## KEEP VACCINES UP TO DATE

Talk to your doctor about these vaccines:

### Flu Vaccine

Single regular dose every year for adults. Those 65+ should receive the high-dose flu vaccine.

### COVID-19 Vaccine

Recommended for most adults ages 18 years and older.

### RSV Vaccine

Single dose for adults, ages 75+ and those at high risk ages 50-74.

### Pneumonia Vaccine

Recommended for adults 50 years and older.

### Make sure to get vaccinated as soon as possible.

Waiting might mean that you have already been exposed to these illnesses.

**Vaccines do not protect you 100%.** It's important to wash your hands often, avoid large crowds, cover your coughs/sneezes, and clean surfaces.

## COMMON SYMPTOMS

- Fever/chills/sweats
- Headache/eye pain
- Stuffy/runny nose
- Sore throat/dry cough
- Shortness of breath
- Body aches
- Vomiting/diarrhea

## WHO IS HIGH RISK?

- Adults ages 65+
- Pregnant women/young children
- Those with weakened immune system
- Residents of assisted living facilities
- Those with diabetes, lung, heart, liver, or kidney disease
- Those who are obese

*Symptoms may take several days or up to a week to show up (depending on the virus or germs you've been exposed to and your immune system).*