

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 high dose every year for adults, ages 65+

COVID-19 Vaccine

Additional booster dose of new/updated vaccine for adults, ages 65+

RSV Vaccine

Single dose for adults, ages 75+ and those at high risk over age 60

Pneumonia Vaccine

Single dose or more may be needed for adults 65+ and those at high risk

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
- Residents of assisted living facilities
- Those with asthma, diabetes, heart, liver or kidney disease
- Those who are overweight/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).