

Q

What do I do if I've been around someone who is sick with a respiratory illness?

A

Watch for symptoms, stay alert if you're at higher risk, and know when to seek medical care.

1

Watch for symptoms

If you've been near someone who is sick, it's important to watch for signs that you might be getting sick, too. Symptoms that are common in many respiratory illnesses (like flu, COVID-19, and RSV):

- Fever
- Chills
- Feeling tired
- Cough
- Runny or stuffy nose
- Decrease in appetite
- Sore throat
- Headache, muscle or body aches

2

Take extra care if you're at higher risk

If you are at higher risk for severe illness and start to feel sick, you should act fast. Getting care quickly can help reduce your chances of serious illness or complications. Groups of people at higher risk include:

- Older adults (65+ years)
- Young children (under 2 years)
- People with weakened immune systems
- People with disabilities
- People with certain underlying health conditions
- Pregnant and recently pregnant women

3

Know how to recognize emergency warning signs

If you or your child have an emergency warning sign, seek emergency medical care immediately. Emergency warning signs could include:

- Fast breathing or trouble breathing
- Bluish lips or face
- Chest pain
- Altered mental status
- Seizures

Protect yourself and your loved ones. Talk to your healthcare provider for more information on respiratory illnesses and how to stay healthy.

