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The Centers for Disease Control and Prevention (CDC) have made the following recommendations to reduce the risk of flu for the upcoming flu season:

- Get the flu vaccine.
- Practice healthy habits: Cover your mouth and nose when coughing or sneezing, wash your hands often, and stay home when you are sick.
- Avoid close contact with sick people.
- Keep your distance from large crowds.
- Stay home from work, school, and other public places if you have flu symptoms.

For more information, visit the CDC website at cdc.gov/flu/prevent.

CDC and its partners are working to promote flu vaccination. Find out more at cdc.gov/flu/prevent/vaccine-benefits.htm.

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COVID-19 is caused by the SARS-CoV-2 virus, a type of coronavirus.

The virus spreads primarily through the respiratory tract, especially the lungs.

The potential modes of transmission include:

- Respiratory secretions (coughing, sneezing)
- Fly/flying droplets
- Contact with contaminated surfaces
- Aerosols

COVID-19 can cause various symptoms, ranging from mild to severe, including:

- Fever
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste or smell
- Sore throat
- Nausea or vomiting
- Diarrhea

There is no specific antiviral treatment for COVID-19. The treatment includes supportive care and managing complications.

Preventive measures include:

- Avoid close contact with people who are sick
- Wash your hands frequently with soap and water for at least 20 seconds
- Clean and disinfect frequently touched objects and surfaces
- Wear a mask when in close contact with others
- Practice social distancing

For the latest information, visit the CDC website: www.cdc.gov