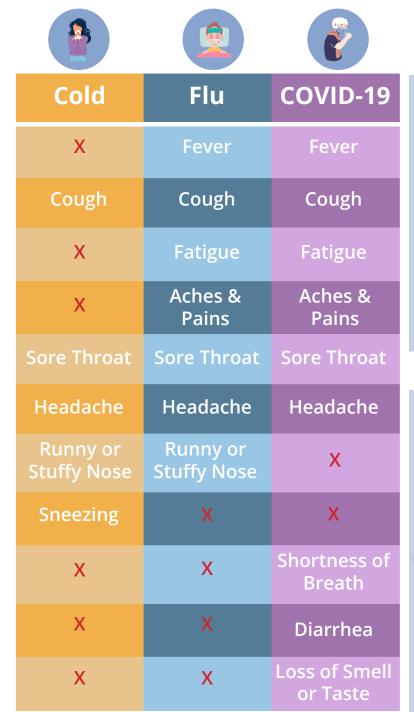


Cold, Flu or COVID-19?







Up to Date Vaccinations



Proper Hand Washing



Public Health Recommendations

Treatment





Plenty of Rest

Plenty of Water





Healthy Diet

Medication for Fever

This list is not exhaustive of every symptom

For more information visit fnha.ca/what-we-do/communicable-disease-control



Cold, Flu or COVID-19?

Facts to Common Myths

Myth: The flu is not a serious illness.

Fact: Influenza can lead to serious illness,

particularly older people and those with

a chronic medical condition.

Myth: COVID-19 vaccines do not work

because I still get sick.

Fact: COVID-19 vaccines may not prevent

infection but they significantly reduce

the risk of severe illness.

Myth: Getting a vaccine each year

weakens the immune system.

Fact: Getting immunized each year protects

you from different strains and creates

better protection.

Infants

Myth: Natural immunity from the disease is

better than the vaccine.

Fact: Getting a vaccine is safer and creates a

more reliable immunity than getting the

virus itself.

Myth: You can catch colds and flu from cold

weather or getting caught in the rain.

Fact: Colds and flu are caused by viruses, not

wet climates or cold air.

Myth: I am pregnant and should not get a

vaccine as it is a risk to the baby.

Fact: Flu and COVID-19 vaccines are safe for

both mother and baby.

High Risk Groups







Some people may experience severe illness and complications with COVID-19 or the flu.

If you have concerns, please visit your local health centre or nurse practitioner.

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