



**“Working together to protect all Kansans from vaccine-preventable diseases.”**



SU CONEXIÓN A LA COMUNIDAD




The Immunize Kansas Coalition is a group of engaged organizations and individuals including healthcare providers, public health professionals, researchers, educators, healthcare payers, associations and nonprofits, vaccine producers, school nurses, pharmacists, parents, grandparents, and more who bring their expertise to support our mission.

# Staying Safe During Respiratory Season!

Fall and winter months typically see an increase in respiratory viruses circulating in the community, which can cause discomfort and, in some cases, serious illness. Vaccination is crucial in preventing flu, RSV, and COVID-19.

**Learn more about respiratory viruses, who is most vulnerable, and how vaccines build community immunity!**

 [staff@immunizekansascoalition.org](mailto:staff@immunizekansascoalition.org)

 @immunizekscoalition

 @immunizekscoalition

 @ImmKSCoalition

 Immunize Kansas Coalition

For information on vaccines, educational resources, and more visit our website!



Version: 10/12/23

Information credited to the CDC.

## What is Flu (Influenza)?

Flu is a contagious respiratory virus caused by influenza viruses that infects the nose, throat, and sometimes the lungs.

## What is RSV?

RSV usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious, especially for babies and older adults.

## What is COVID-19?

COVID-19 can be very contagious and spreads quickly. Most people with COVID-19 have mild symptoms, but some people can become severely ill.

### What are the Symptoms?

SYMPTOMS	FLU (INFLUENZA)	RSV	COVID-19
Headache or Body Aches	✓	✗	⊖
Difficulty Breathing	✗	⊖	✓
Fatigue	✓	✗	✓
Fever	✓	⊖	⊖
Loss of Taste or Smell	✗	✗	⊖
Sore Throat	⊖	✗	✓
Wheezing	✗	✓	✗

- ✗ Rarely
- ⊖ Sometimes
- ✓ Often

If you have symptoms of a respiratory virus, there are tests that can help determine which virus you may have and inform your treatment and prevention actions, like physical spacing and mask use.

Source: National Foundation for Infectious Diseases (NFID)

## Stay Protected with Vaccines!

### Flu:

Seasonal flu vaccine is recommended for **everyone over 6 months** (with rare exceptions).

### RSV

#### Protecting Babies:

- RSV vaccine given during pregnancy; if **32–36 weeks pregnant during September–January**
- RSV antibody immunization **recommended for some infants during or entering RSV season**, after talking with their healthcare provider.

#### Protecting Older Adults:

- RSV vaccine for **adults over 60 years of age**, after talking with their healthcare provider

### COVID-19

Those **6 months and older should stay up-to-date** with recommended COVID-19 vaccines.

**CDC's Bridge Access Program provides no-cost COVID-19 vaccines** to adults without health insurance and adults whose health plans don't cover all costs.



To learn more about respiratory viruses and how to stay protected, scan the QR code.



Find vaccines near you, scan the QR code.



Talk with your healthcare provider about the vaccines recommended for you.

