

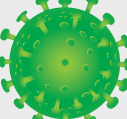
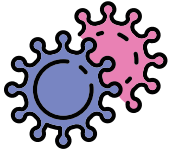




Vital Insights: Understanding COVID-19, RSV, Flu, and Common Cold





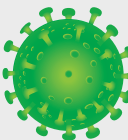
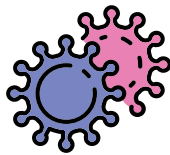
VIRUS	Time between Exposure and showing Symptoms	SYMPTOMS	SEEK MEDICAL CARE IF:
 <p>COVID-19</p>	2-14 days	<ul style="list-style-type: none"> Fever or chills Cough Shortness of breath or difficulty breathing New loss of taste or smell 	<ul style="list-style-type: none"> Persistent chest pain or pressure Confusion Unable to stay awake Bluish lips or face
 <p>RSV Respiratory syncytial virus</p>	2-8 days	<ul style="list-style-type: none"> Decrease in appetite Coughing Sneezing Fever Wheezing 	<ul style="list-style-type: none"> Wheezing Signs of Dehydration Difficulty Breathing Blue lips and mouth Fever
 <p>Flu Influenza virus A and B</p>	1-14 days	<ul style="list-style-type: none"> Runny or stuffy nose Muscle or body aches Feeling tired Headaches Vomiting and diarrhea 	<ul style="list-style-type: none"> Sudden dizziness Confusion Constant Vomiting Returned fever Worse cough
 <p>Common Cold</p>	1-3 days	<ul style="list-style-type: none"> Sneezing Sore throat Cough Mild headache Mild body aches 	<ul style="list-style-type: none"> Fever for more than 4 days Symptoms lasting more than 10 days Difficulty breathing





Keep the Older Adults in your life healthy by following the Core Prevention Strategies on the Rhode Island Department of Health website by scanning the QR Code ---->



VIRUS	TREATMENT	PREVALENCE IN 65+ YEARS OLD	PHARMACIES AND HEALTH CENTERS
<p>COVID-19</p> 	<ul style="list-style-type: none"> • Antiviral Medications: Remdesivir and Paxlovid • Supportive care (rest, hydration, etc) 	<p>Compared to people ages 18-39 years, people ages over 75 are about 9 times as likely to die from COVID-19.</p>	<ul style="list-style-type: none"> • Black Stone Valley Community Health (BSVCH) Pharmacy located in Pawtucket, Central Falls, Lincoln, Cumberland, and Providence.
<p>RSV</p>  <p>Respiratory syncytial virus</p>	<ul style="list-style-type: none"> • Antiviral medications: Ribavirin • Hospitalization for severe cases 	<p>Each year, it is estimated that 60,000-160,000 older adults in the United States are hospitalized due to RSV infection and 6,000-10,000 die.</p>	<ul style="list-style-type: none"> • BSVCH offers free Delivery Services on Tuesdays and Thursdays only; Must call 24 hours in advance to receive free delivery from BSVCH pharmacy
<p>Flu</p>  <p>Influenza virus A and B</p>	<ul style="list-style-type: none"> • Antiviral medications: Tamiflu and Relenza • Rest and Hydration 	<p>Between 70% and 85% of seasonal flu-related deaths in the United States have occurred among people 65 years and older.</p>	<p><u>Health Centers:</u></p> <ul style="list-style-type: none"> • Providence Community Health Center's Express Clinic • Thundermist Health Centers Convenient Care in Wakefield, West Warwick, and Woonsocket;
<p>Common Cold</p> 	<ul style="list-style-type: none"> • Nasal saline drops or sprays to alleviate congestion • Over-the-counter like pain reducers. 	<p>On average, adults over 65 get 2- 4 colds a year-mostly during the colder season.</p>	<ul style="list-style-type: none"> • CVS Minute Clinic

For more information and resources about these viruses, contact: Progreso Latino - Laura Bermol: 401-648-8857 or visit the Rhode Island Department of Health Website

