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FOR IMMEDIATE RELEASE
Respiratory Illnesses on the Rise
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Respiratory illnesses such as the flu, COVID-19, and Respiratory Syncytial Virus (RSV) are being diagnosed earlier than normal this year, especially in children. A respiratory illness is an infection of the lungs, airways, sinuses, or throat. Respiratory illnesses can happen year-round and tend to increase significantly during the colder months, as people spend more time indoors.

Respiratory illnesses can be prevented by good hand washing, staying home if you are sick and getting vaccinated against the flu and COVID-19. Currently, there is no vaccine for RSV. Please call the Taney County Health Department to schedule your appointment for a vaccine today.

According to the Center for Disease Control (CDC), the flu, and COVID-19 have similar symptoms, making it hard to tell which one you have. A symptom that may be unique to COVID-19 is the loss of taste or smell.

Symptoms of the flu, and COVID-19 include:

- Fever
- Chills
- Headaches
- Cough
- Muscle soreness
- Fatigue
- Vomiting
- Diarrhea
- Shortness of breath
- Runny nose
- Sore throat

RSV can infect anyone but is most dangerous in infants and the elderly. The symptoms of RSV are like a cold. Symptoms of RSV can be severe in infants and the elderly and can include fevers and wheezing. Some cases may require hospitalization, but most infections run their course within 1 to 2 weeks. If your baby is unusually tired, breathing rapidly or has bluish fingernails, call 911 or go to the ER immediately.

For more information contact the Taney County Health Department at 417-334-4544, visit our website at www.taneycohealth.org, or like our FaceBook, Instagram and Pinterest pages.

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The Taney County Health Department envisions a community of healthy people. Every day, we work to achieve this vision through leadership, collaboration, education, and service. We value integrity, learning, teamwork, positive communication, quality improvement and dedicated service. Please visit our website <http://www.taneycohealth.org> to learn more about our services.