


Fall & Winter Illness Guide

Illness	Symptoms	Treatment/Home Care	Vaccine Availability	
Bronchitis	<ul style="list-style-type: none"> Cough Aches Chills Headache Runny nose 	<ul style="list-style-type: none"> Sore throat Shortness of breath Wheezing Watery eyes 	At home care using tips below	None
Cold	<ul style="list-style-type: none"> Congestion Cough Runny nose 	<ul style="list-style-type: none"> Sore throat Possible fever Sneezing 	At home care using tips below	None
COVID-19	<ul style="list-style-type: none"> Body aches Chills Cough Diarrhea Fatigue Fever 	<ul style="list-style-type: none"> Headache Loss of smell/taste Nausea/vomiting Shortness of breath Stuffy/runny nose 	Wisconsinites 18 and older can participate in the state's COVID-19 Treatment Telehealth program; scan this QR code:  (available through December 2023)	Vaccines for those age 6 months and older
Flu	<ul style="list-style-type: none"> High fever Chills Cough Runny nose Congestion 	<ul style="list-style-type: none"> Body aches Fatigue Headache Sore throat 	Tamiflu prescribed by your doctor within 48 hours of starting symptoms At home care using tips below	Multiple vaccines for those age 6 months and up
RSV	<ul style="list-style-type: none"> Cough Runny nose Fever Congestion 	<ul style="list-style-type: none"> Wheezing Rapid breathing Sneezing 	At home care using tips below	A vaccine is available for adults age 60 and older. An antibody product called nirsevimab is available for all infants 8 months and younger entering their 1 st RSV season.
Stomach Flu	<ul style="list-style-type: none"> Vomiting Diarrhea Stomach pain 	<ul style="list-style-type: none"> Mild fever Headache Fatigue 	At home care using tips below	A vaccine for babies protects against rotavirus, a type of stomach flu
Strep Throat	<ul style="list-style-type: none"> Sore throat Trouble swallowing 	<ul style="list-style-type: none"> Fever Stomach pain Headache 	Antibiotics prescribed by your doctor	None

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Prevention tips:

- Wash your hands often.
- Cover coughs and sneezes.
- Stay home from work, school, childcare and other activities when sick.
- Receive available vaccines.

At home care tips:

- Drink plenty of liquids.
- Rest.
- Nasal suction and saline if congested.
- Humidifier for respiratory illnesses.
- Over the counter medications such as ibuprofen or Tylenol as directed by your doctor.

