

Tips: How to Stay Healthy and Avoid Serious Respiratory Illness This Season



1 Wash your hands with soap and water, or with hand sanitizer!

3 Avoid close contact with those who are sick.

5 Cough or sneeze into your elbow.



6 Stay UP TO DATE on your vaccinations.



7 Don't touch your mask, eyes, nose or face without washing your hands before and after.



8 Keep active!



9 Reduce stress.

COVID-19 Symptoms in Comparison to the Flu and the Common Cold

Symptoms	Coronavirus Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms
Fever	Common	Rare	Common
Fatigue	Sometimes	Sometimes	Common
Cough	Common (usually dry)	Mild	Common (usually dry)
Sneezing	No	Common	No
Aches and Pains	Sometimes	Common	Common
Runny or Stuffy Nose	Rare	Common	Sometimes
Sore Throat	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes for Children
Headaches	Sometimes	Rare	Common
Shortness of Breath	Sometimes	No	No
Loss of Taste/Smell	Common	Sometimes	Sometimes

What's available at the L.I.F.E Centre?

- Masks and Hand Sanitizer
- COVID Testing
- and more!