

# Avoid the TRIPLEDEMIC



## What is a Tripledemic?

“Tripledemic” is a term medical experts are using to describe three different respiratory viruses that occur together. These include:

- Respiratory Syncytial Virus (RSV)
- Influenza (Flu)
- COVID-19

## Are these illnesses all caused by the same virus?











No. According to the Centers for Disease Control and Prevention (CDC), RSV, Flu, and COVID-19 are caused by different viruses. However, there are similarities between the three viruses. For example, all three of these viruses:

- Have common symptoms
- Affect a person’s respiratory system
- Are contagious
- May cause mild to severe illness

## Symptoms

	Respiratory Syncytial Virus (RSV)	Influenza (flu)	COVID-19
Cough	✓	✓	✓
Congestion	✓	✓	✓
Runny Nose	✓	✓	✓
Sore Throat		✓	✓
Fever and/or Chills		✓	✓
Shortness of Breath		✓	✓
Vomiting		✓	✓
Diarrhea		✓	✓
Fatigue		✓	✓
Body Aches		✓	✓
Headache		✓	✓
Loss of Taste/Smell		✓ (less than COVID-19)	✓

## Prevention

	Respiratory Syncytial Virus (RSV)	Influenza (flu)	COVID-19
<b>Vaccination</b>		 Get a flu shot. It may not prevent the flu altogether, but the vaccine is effective in lessening the symptoms if you do get the flu.	 Get vaccinated either with the initial series or with the current bivalent booster.
<b>Preventive Action*</b>	 Take preventive action to prevent the spread of germs.*	 Take preventive action to prevent the spread of germs.*	 Take preventive action to prevent the spread of germs.*
<b>Antivirals</b>		 Take antivirals if you get the flu.	
<b>Wear a Mask</b>			
<b>Avoid Others Who Are Sick</b>			

\*Prevent the spread of germs by following these guidelines:

- Cover coughs and sneezes with a tissue or your upper shirt sleeve/elbow, not your hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Avoid close contact – such as kissing, shaking hands, and sharing cups and eating utensils – with others.
- Clean frequently touched surfaces, such as doorknobs, mobile phones and devices.

## Can you get more than one of these viruses at the same time?

Yes. Because these illnesses are all caused by different viruses, it is possible to catch one, two or all three at the same time.

## Who is at risk?

While everyone is susceptible to all of these viruses, those at greatest risk include people who are immunocompromised, the elderly and young children.