

January 14, 2022

## COMMON SYMPTOMS OF FLU AND COLDS VS. CORONAVIRUS (COVID-19) WHAT'S THE DIFFERENCE?

Boots shares its simple symptom checker to help you determine if what you are experiencing is a cold, flu, or COVID-19

TYPICAL SYMPTOMS	COMMON COLD (gradual onset of symptom)	FLU (rapid onset of symptoms)	CORONAVIRUS (Symptoms range from mild to severe)*
Fever 	Rare	Common	Common
Cough 	Common (mild)	Common (usually dry)	Common (usually dry and continuous)
Headache 	Sometimes	Common	Sometimes
Sore throat 	Common	Sometimes	Sometimes
Runny or stuffy nose 	Common	Sometimes	Rare
Sneezing 	Common	Sometimes	Rare
Aches & pains 	Sometimes	Common (often severe)	Sometimes
Fatigue 	Sometimes (mild)	Common (often severe and can last up to 2-3 weeks)	Sometimes
Loss of smell or taste 	Sometimes	Sometimes	Common
Shortness of breath 	Rare	Rare	Sometimes
Diarrhoea 	No	Sometimes	Sometimes

## WHEN SHOULD YOU TEST FOR COVID?

Those who have been fully vaccinated and around someone who has COVID-19 are recommended to get tested between **five (5)** and **seven (7)** days after their exposure, according to the most recent guidance from the CDC, though previous guidance had been between three and five days.

## Need a COVID-19 Test? Know Where to Go

### Asymptomatic/ No Symptoms

- Community testing site
- At-home test kit



### Mild to Moderate Symptoms

- Your doctor
- A local retail pharmacy or urgent care provider



### Severe Symptoms

- Emergency room or call 911



<https://baptisthealth-coronavirus.com/covid-19-testing>

### MCOR'S CURRENT COVID-19 VACCINATION QUALIFICATIONS:

**Vaccine:** Pfizer (A Pfizer booster can be received even if prior vaccination are Moderna or J&J)

**Dose Type:** 1<sup>st</sup>, 2<sup>nd</sup> and Booster

**Eligibility:**

1<sup>st</sup> & 2<sup>nd</sup> dose 12+ years of age

Minors 5 – 11 years of age should be directed to schedule with Dr. Monte-Fernandez/Nicklaus Children's Hospital

16+ years of age for a Booster dose (FDA/CDC approved the drop in age last night). Minors will need to be accompanied by their guardian

3wks (21 days) between 1<sup>st</sup> and 2<sup>nd</sup> dose

5 months between 2<sup>nd</sup> dose and Booster

2wks between Flu vaccination and COVID-19 vaccination

Participants must have access to Ocean Reef

90 days post COVID Antibody Treatment

To reduce the risk of becoming infected with SARS-CoV-2 (the virus that causes COVID-19) including the Delta variant, and potentially spreading it to others, CDC recommends that fully vaccinated people:

- Wear a mask indoors in public if they are in an area of substantial or high transmission.
  - Fully vaccinated people might choose to wear a mask regardless of the level of community transmission, particularly if they or someone in their household is immunocompromised or at increased risk for severe disease, or if someone in their household is unvaccinated.
- Get tested if experiencing COVID-19 symptoms.
- Get tested 5-7 days after close contact with someone with suspected or confirmed COVID-19.
- Wear a mask indoors in public for 14 days after exposure to a close contact or until a negative test result.
- Isolate if they have tested positive for COVID-19 in the prior 10 days or if they are experiencing COVID-19 symptoms.
- Follow any applicable federal, state, local, tribal, or territorial laws, rules, and regulations.

## Travel

Traveling Internationally?

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel/index.html>

Travel Requirements have changed. Starting December 6, all air passengers, regardless of vaccination status, must show a negative COVID-19 test taken no more than 1 day before travel to the United States.



<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

**TRAVEL UPDATES:**

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

Do NOT travel if...

- You have been exposed to COVID-19, unless you are fully vaccinated or recovered from COVID-19 in the past 90 days.
- You are sick.
- You tested positive for COVID-19 and haven't ended isolation (even if you are fully vaccinated).
- You are waiting for results of a COVID-19 test. If your test comes back positive while you are at your destination, you will need to isolate and postpone your return until it's safe for you to end isolation. Your travel companions may need to self-quarantine.

**VISITING SPECIALIST UPATE:**



**Ophthalmology:**

Effective December 1<sup>st</sup>, 2021 the telephone number patients call to register/schedule appointments for University of Miami Bascom Palmer Eye Institute Ophthalmology and University of Miami Urology is:

**786-530-2289.**

**AUDIOLOGY:**



Daisy Elwick will be adding on Saturday January 15<sup>th</sup> and 29<sup>th</sup> from 9AM -2 PM.

## RESOURCE

Additional information, links to community and local resources, MCOR's updated COVID-19 tracking grid and more is available at:

[WWW.MCOR.ORG](http://WWW.MCOR.ORG)