



Facts About Respiratory Illnesses

There are many myths about respiratory illnesses, like the common cold, flu, and COVID-19.

Here are some facts to help you stay healthy.



Germs make you sick, not cold weather. In dry, cold conditions, germs survive longer, and people spend more time indoors close to others, which helps them spread.



Antibiotics do not work for viruses and will not help with symptoms. Remember, the common cold, flu, and COVID-19 are caused by viruses.



You can still spread a respiratory virus even without symptoms.



Flu or COVID-19 can be mild, but they can also be severe and cause hospitalization or death.



Healthy people benefit from the flu vaccine. It lowers the risk of getting and spreading the flu and can lessen symptoms and hospitalizations.



Flu vaccines do not cause the flu. Some people may have mild side effects after vaccination.



The common cold, flu, and COVID-19 are caused by different viruses.



Immunity can lessen over time and you can get the same illness again, especially from a different strain.