



COLD/ALLERGIES/FLU/COVID-19

Wellness Tips

Is it Covid-19, a common cold, flu, or seasonal allergies? Learn how to tell the difference with this at-a-glance symptom checker:

SYMPTOMS	COVID-19	FLU	COLD	ALLERGIES
Onset	Gradual	Sudden	Gradual	Sudden
Cough	Common (Usually dry)	Common	Common (mild)	Sometimes
Shortness of breath	Common	No	No	Rare (except with asthma)
Chest Discomfort	Sometimes	Common	Common(mild)	Rare (except with asthma)
Fever	Common	Common	Rare	No
Fatigue/Weakness	Common	Common	Sometimes	Rare
Chills	Common	Common	Sometimes	No
Muscle Pain	Common	Common	Sometimes (mild)	No
Sore Throat	Common	Sometimes	Common	Rare
New loss of taste or smell	Sometimes	No	No	No
Runny/Stuffy nose	Sometimes	Sometimes	Common	Common
Itchy eyes	Rare	No	Rare	Common
Headache	Common	Common	Rare	Sometimes

Understanding the differences in symptoms can help identify the need for medical care. If you or someone you know are not feeling well, it is always best to consult a physician or get tested for COVID-19 as a precautionary measure. Even with mild symptoms, you should self quarantine for 2 weeks to avoid the spread of COVID-19, as symptoms may appear 2-14 days after exposure to the virus. Seek immediate medical attention if you experience serious symptoms such as trouble breathing, chest pain/pressure, new confusion, inability to stay awake, or have bluish lips/face.

Please note that symptoms of COVID-19 continue to evolve, meaning that this list may not include all possible symptoms. Keep up to date with the CDC at www.cdc.gov or The WHO at www.who.int



Source: Adapted from Centers for Disease Control and Prevention(CDC) and Mayo Clinic.
Please note that this tip sheet is educational and not intended for diagnosis and/or treatment. Discuss any symptoms you have with a physician.



COVID-19 VACCINE

Wellness Tips

Vaccines are a safe and effective way to protect you and those around you from COVID-19. Multiple vaccines will be developed using different methods to help our bodies develop immunity to the virus. The U.S. Vaccine Safety System uses vigorous standards to ensure vaccines are as safe as possible.

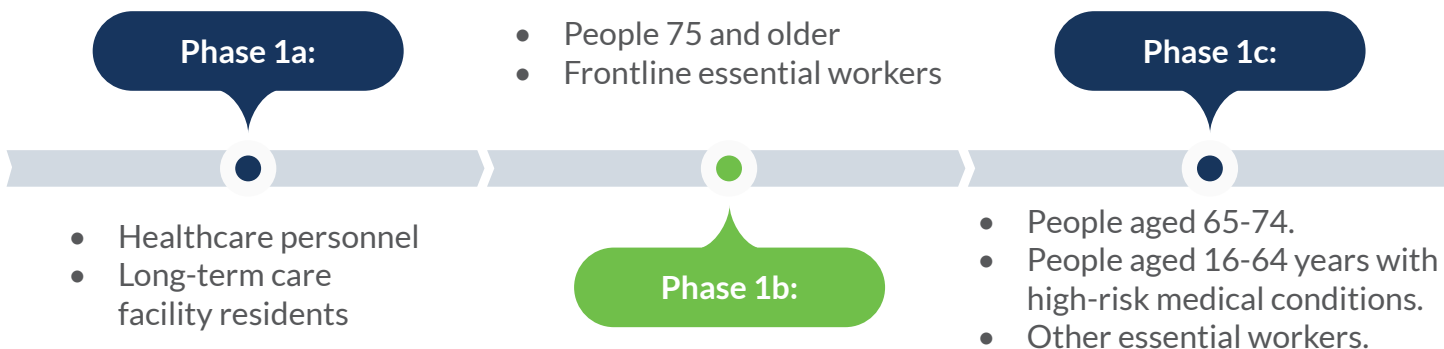


In 1979 Polio was eradicated in the U.S. thanks to a successful vaccination program.



As of the New Year, there have been 20.7 million cases of COVID-19 in the U.S. resulting in 352,000 deaths.

CDC vaccination recommendation schedule:



Note: These priority groups are recommended by the CDC's Advisory Committee on Immunization Practices (ACIP). Individual states use this as a guide to make their own recommendations of which priority groups are placed in a specific phase depending upon the state's current vaccine supply and public demand.

Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost.

After vaccination, continue to wear a mask, stay 6 feet apart from others, avoid crowds, and keep washing your hands! Keep your vaccination card to bring back if a second dose is needed.





COVID-19 Vaccination Facts

It will not give you the COVID-19 virus.

It will not give you a positive COVID-19 test.

It will also benefit people who already had the virus.

It will not alter your DNA.

It will take 4-6 weeks to achieve immunity and protection levels comparable to those in clinical trials.

Frequently Asked Questions

What Are The Common Side Effects?

- Injection site pain or redness
- Fatigue
- Headache
- Muscle or joint pain
- Fever/chills

What Are The Severe Reactions?

- Difficulty breathing
- Swelling of your face or throat
- A fast heartbeat
- A bad rash over your body
- Dizziness and weakness

Note: Severe reactions are rare. If you are suffering from severe reactions, call 911. A severe reaction would occur within minutes to an hour after vaccination.

What Should I Discuss With My Doctor?

- Vaccine eligibility
- If you have any allergies
- If you have a fever
- If you are pregnant, breastfeeding, or plan to get pregnant
- If you are immunocompromised
- If you have a bleeding disorder or take a blood thinner

#ibpwellnesstips
Healthier Together

Resources:

<https://www.cdc.gov/>

<https://www.fda.gov/>

https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days

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COVID-19 INFORMATION FOR NEW JERSEY RESIDENTS

Wellness Tips

Top Benefits of the COVID-19 Vaccine

Some people may be concerned about getting vaccinated now that COVID-19 vaccines are available in the United States. While more COVID-19 vaccines are being developed as quickly as possible, routine processes and procedures remain in place to ensure the safety of any vaccine that is authorized or approved for use. Safety is a top priority, and there are many reasons to get vaccinated.

Check out the CDC's top benefits of receiving the COVID-19 vaccine:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>

How to Get Vaccinated in New Jersey



New Jersey has started to vaccinate against COVID-19 and is working in a phased approach to all adults who live, work, or are being educated in the state. Supplies are extremely limited, so vaccination is starting with those most at risk of catching COVID and experiencing complications.

To learn more about eligibility and schedule a vaccine, click the link or call the number below:

<https://covid19.nj.gov/pages/vaccine>

855-568-0545