

# Seasonal breathing illnesses

Viruses and bacteria (germs) cause airway infections. Infections can make you sick. These illnesses can spread all year. But they're more common in the fall and winter. That's because cold air makes it harder for your body to fight off germs. Plus, people usually stay inside more when it's colder. Being inside puts you closer to other people. That means infections can spread more easily.

	Pneumonia	Flu	COVID-19	RSV
<b>Caused by</b>	Group of bacteria known as <i>Streptococcus pneumoniae</i>	Influenza germs	SARS-CoV-2 germs	Respiratory syncytial germs
<b>Symptoms</b>	<p>Symptoms and severity change by body part. Pneumonia can affect your:</p> <ul style="list-style-type: none"> <li>• Ears</li> <li>• Sinuses</li> <li>• Lungs</li> <li>• Brain</li> </ul> <p>The most common symptoms are:</p> <ul style="list-style-type: none"> <li>• Cough</li> <li>• Shortness of breath</li> <li>• Fever</li> <li>• Chills</li> </ul>	<p>Symptoms can include:</p> <ul style="list-style-type: none"> <li>• Sudden sore throat</li> <li>• Runny or stuffy nose</li> <li>• Sore muscles</li> <li>• Fever</li> <li>• Chills</li> </ul>	<p>Symptoms most often include:</p> <ul style="list-style-type: none"> <li>• Sore throat</li> <li>• Cough</li> <li>• Difficulty breathing or shortness of breath</li> <li>• Fever</li> <li>• Headaches</li> <li>• Loss of taste or smell</li> </ul>	<p>Adult symptoms can include:</p> <ul style="list-style-type: none"> <li>• Cough</li> <li>• Trouble breathing or whistling noise</li> <li>• Fever</li> <li>• Runny nose</li> <li>• Loss of appetite</li> </ul> <p>The only symptoms for babies may be:</p> <ul style="list-style-type: none"> <li>• Bad mood</li> <li>• Less active</li> <li>• Trouble breathing</li> </ul>
<b>People most likely to get it</b>	<p>Those with the highest chance of getting pneumonia are:</p> <ul style="list-style-type: none"> <li>• Young children</li> <li>• Older adults</li> <li>• People with certain medical problems</li> </ul>	<p>Those with the highest chance of getting seriously ill with the flu are:</p> <ul style="list-style-type: none"> <li>• Young children</li> <li>• Older adults</li> </ul>	<p>Those with the highest chance of getting COVID-19 are:</p> <ul style="list-style-type: none"> <li>• Older adults</li> <li>• People with disabilities</li> <li>• People with certain health problems</li> <li>• People whose bodies can't fight off illnesses as well</li> </ul>	<p>Those with the highest chance of getting seriously ill with RSV are:</p> <ul style="list-style-type: none"> <li>• Young children</li> <li>• Older adults</li> </ul>

## How you can stay safe

Make plans to keep you and your loved ones safe from common airway illnesses. It starts with getting the right shots.



**Ask your doctor if you're up to date on all your shots.**



**Get all the shots your doctor suggests. Stay up to date on them. You may need to take some shots again later.**



**Take everyday steps to keep from getting sick:**

- Don't get close to people who are sick.
- If you are sick, help stop the spread. Cover your cough and sneezes.
- Wash your hands often with soap and water. If you don't have soap and water, use an alcohol-based hand sanitizer.
- Don't touch your eyes, nose and mouth. This is how bacteria and viruses spread.

**Schedule an appointment with your PCP's office or book directly through MyChart.**



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- Centers for Disease Control and Prevention. About COVID-19. Available at [cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](https://cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html).
- Centers for Disease Control and Prevention. Respiratory Syncytial Virus Infection (RSV). Available at [cdc.gov/rsv/index.html](https://cdc.gov/rsv/index.html).

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