

Know now: Getting through the quad-demic



Right now, four viruses are going around:

- **Flu** – This year’s most common strain is Influenza A. The flu causes fever, aches, sore throat, and fatigue, and can lead to more serious complications.
- **COVID-19** – Though cases aren’t as severe as they were in 2020 and 2021, COVID is still causing hospitalizations.
- **RSV (Respiratory Syncytial Virus)** – Symptoms of RSV include runny nose, coughing, sneezing, fever, wheezing, and difficulty breathing.
- **Norovirus** – Also known as the stomach flu, norovirus can cause aches, fever, vomiting and diarrhea, and can lead to dehydration.

Here’s what you can do to help yourself and your family stay as healthy as possible.

Vaccines are key

Vaccinations are still proven to be the safest, most effective way to prevent illness in yourself and in others. You can usually get the vaccines you need in a single visit. They’re offered in many convenient places, and they’re usually covered by your insurance.

Hand hygiene

The things we learned during the COVID pandemic still apply. That includes washing your hands with soap and water for at least 20 seconds after using the restroom, or after touching surfaces in public. And you should never put unwashed fingers in your eyes or mouth.

We also recommend masking in crowded places, or in spots with poor ventilation. If you do get sick, stay home and isolate from other family members and housemates as much as possible.



Let’s protect ourselves – and each other. To make an appointment with a Southwest Medical or Optum – Nevada doctor, call 1-702-877-5199, TTY 711.

You can also find where vaccinations are offered by zip code by visiting vaccines.gov

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