

Respiratory Infections

Influenza

Influenza is a contagious respiratory illness caused by a virus. Serious outcomes of influenza infection can be hospitalization or death.

- Fever (varies by persons) or chills
- Cough and/or sore throat
- Runny nose or stuffy nose
- Muscle pains
- Headache
- Fatigue (tiredness)



Mycoplasma

Mycoplasma infection is caused by the bacteria Mycoplasma pneumoniae. It is a common illness that can cause a respiratory infection (such as a cold) or a severe type of pneumonia, which is called atypical pneumonia.

- Dry cough
- Throat pain
- Fever
- Headache
- Fatigue



Coronavirus

Coronaviruses are a large family of viruses that can cause various conditions like a common cold to more serious illnesses, including bronchitis, pneumonia or cardiopulmonary problems that could cause death.

- Fever
- Cough
- Tiredness
- Loss of taste and smell
- Throat pain
- Difficulty breathing
- Muscle pains
- Runny nose
- Chest pain
- Nausea, vomiting and diarrhea
- Conjunctivitis

¿ What are the symptoms?

How to prevent them?

- Getting vaccinated.
- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- When coughing or sneezing, cover your mouth and nose with a bent elbow or a tissue. Throw it away immediately and wash your hands.
- Avoiding contact with sick people.
- Staying home when you are sick.
- Cleaning and disinfecting surfaces regularly.



- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- When coughing or sneezing, cover your mouth and nose with a bent elbow or a tissue. Throw it away immediately and wash your hands.
- Avoiding contact with sick people.
- Staying home when you are sick.
- Cleaning and disinfecting surfaces regularly.



- Getting vaccinated.
- Staying 6 feet away from people who are infected with the virus.
- Using a mask in closed spaces.
- When coughing or sneezing, cover your mouth and nose with a bent elbow or a disposable tissue and immediately throw it in the trash.
- Washing your hands and using alcohol or antibacterial liquid.
- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Staying in isolation for 7 days if you are vaccinated and 10 days if you have not received the vaccinations.
- Cleaning and disinfecting surfaces

Prepared by licensed Health Educators. Revised in October 2022.
©First Medical Health Plan, Inc.

References:

<https://www.who.int/es/health-topics/coronavirus#tab=tab>
<https://medlineplus.gov/spanish/ency/article/000082.htm>
<https://espanol.cdc.gov/flu/about/keyfacts.htm#:~:text=La%20influenza%20es%20una%20enfermedad.puede%20llevar%20a%20la%20muerte.>

For recommendations, tools, and resources, please contact your primary care physician or call the following lines:

Medical Advice Line: 1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare: 787-641-9133