

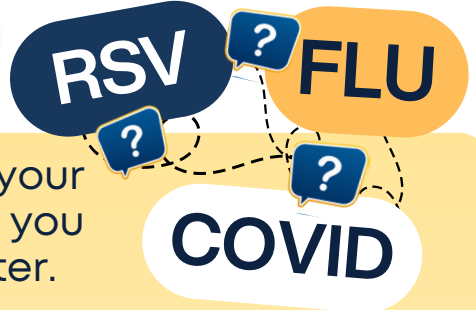
The Installment

Horizon Public Health

Monthly Bulletin

November 2025

WHAT'S MAKING YOU SICK?



QUIZ

It's respiratory illness season! Test your knowledge and see how prepared you are to stay healthy this fall and winter.

Q #1. What's the best thing to do if you're not sure which virus you have?

- A. Wait and see
- B. Go to work anyway
- C. Get tested and rest at home

Answer #1: ✓ C.

Testing helps you get the right care and protects others.

Q #2. How long should you stay home if you have flu, RSV, or COVID-like symptoms?

- A. Until your fever is gone for 24 hours
- B. Until you feel a little better
- C. At least 5 days no matter what

Answer #2: ✓ A.

Stay home until your fever is gone for 24 hours without fever-reducing medicine and you're feeling better.

Q #3. Which virus tends to start with a sudden high fever and body aches?

- A. Flu
- B. RSV
- C. COVID-19

Answer #3: ✓ A.

The flu often hits fast with fever, chills, and body aches.

Q #4. Which of the following can help prevent ALL three illnesses?

- A. Wash your hands often
- B. Getting vaccinated
- C. Stay home when sick
- D. All of the above

Answer #4: ✓ D.

All of the above! Healthy habits and vaccines are your best defense.

Q #5. True or False
You can get your flu, RSV, and COVID vaccines all during the same visit.

Answer #5: ✓ True!
It's safe and convenient to get them together.

Q #6. True or False
You can always tell the difference between flu, RSV, and COVID-19 based on your symptoms.

Answer #6: ✗ False!

They share symptoms: fever, cough, and fatigue. Testing is the only way to know.

Q #7. True or False
The RSV vaccine is only for infants.

Answer #7: ✗ False!

RSV vaccines are available for infants, pregnant women, and adults 60+.

HORIZON



Public Health
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Our Mission

is to promote, protect, and improve the health and well-being of all people in our communities.



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