

Is It Influenza, COVID-19, or RSV?

Healthcare workers typically see a rise in cases of influenza and respiratory syncytial virus, commonly called RSV, during the fall and winter months. These viruses have a lot in common with COVID-19. Learn the symptoms, safety tips, vaccination availability, and hospitalization rates in Maryland.



		INFLUENZA	COVID-19	RESPIRATORY SYNCYTIAL VIRUS (RSV)
SYMPTOMS		Body aches, chills, cough, congestion, fatigue, and fever	Body aches, chills, fever, and shortness of breath	Congestion, cough, decrease in appetite, and fever
PREVENTION TIPS		<ul style="list-style-type: none"> • Avoid close contact with others • Stay home when you are sick • Wash your hands often with soap and water • Avoid touching your eyes, nose, and mouth 	<ul style="list-style-type: none"> • Stay up to date on COVID-19 vaccinations • Wear a mask • Avoid close contact with others 	<ul style="list-style-type: none"> • Cover your coughs and sneezes • Wash your hands often with soap and water • Avoid close contact with others • Clean frequently touched surfaces such as, doorknobs and mobile devices
VACCINE AVAILABILITY		<p>Yes</p> <p>The US is projected to have approximately 183.5 million doses of influenza vaccines for the 22-2023 season.</p>	<p>Yes</p> <p>About 4,485,697 Maryland residents have been fully vaccinated as of 12/22</p>	<p>Not Yet</p> <p>Palivizumab may be prescribed for infants at high risk for severe RSV infection. Please contact your doctor.</p>
HOSPITALIZATIONS		<p>There were 3,170 influenza-associated hospitalizations between October and December 2022.</p>	<p>The 7-day average for COVID-19 hospitalizations is 931*</p>	<p>2,095 patients with RSV were hospitalized between August and December 2022.</p>

IT IS NOT TOO LATE TO RECEIVE YOUR ANNUAL FLU SHOT, AND YOUR COVID-19 BIVALENT BOOSTER! Both are available for individuals older than 6 months of age, and they can keep you safe as the viruses continues to spread.

For additional Maryland health data, visit the Maryland Department of Health at <https://health.maryland.gov>



* as of December 2022