

Is it a cold, the flu, or COVID-19?

The common cold, flu, and COVID-19 are all respiratory illnesses, but they are caused by different viruses. Because these three types of illnesses have similar symptoms, it's hard to tell the difference between them based on symptoms alone.

COVID-19 is obviously a very serious infection and flu is worse than the common cold. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. COVID-19 and flu can have very serious associated complications, especially for people 65 and over.

People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems and symptoms can be lessened with over-the-counter medications.

The symptoms of COVID-19 and flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). COVID-19 often includes loss of taste and smell, although the Omicron variant tends not to have this. Symptoms of the flu typically appear one to four days after infection while COVID-19 symptoms may take as long as 10 days after infection. Not sure which one you have? Talk to your doctor and get tested if necessary.

Although a flu shot won't stop COVID-19, getting a flu shot may keep you out of the hospital and lower the burden on health care facilities handling the pandemic.

Call 419-774-4700 to schedule your flu shot, COVID-19 vaccine shots, or COVID-19 booster shot at a time convenient for you.

Hypothermia Awareness

When cold weather strikes, Richland Public Health reminds Richland County residents to be aware of hypothermia (dangerously low body temperature).

Hypothermia occurs when more heat escapes from your body than your body can produce. Signs and symptoms of hypothermia may include gradual loss of mental and physical abilities. Severe hypothermia can lead to death.

For most people, hypothermia isn't a serious risk. Still, each year nearly 700 people in the United States die of hypothermia. Common causes are prolonged exposure to cold air or water temperatures.

When you're outdoors enjoying such activities as camping, hunting, ice fishing, and skiing, be aware of weather conditions and whether you or others with you are wet and cold. If you get cold and wet, move indoors and get warm and dry early — before you develop hypothermia.

Hypothermia usually occurs gradually. Often, people aren't aware that they need help, much less medical attention. Common signs to look for are **shivering**, which is your body's attempt to generate heat through muscle activity, and the **"-umbles"**: Stumbles, Mumbles, Fumbles, Grumbles. These behaviors may be a result of changes in consciousness and motor coordination caused by hypothermia. Other hypothermia symptoms may include: slurred speech; abnormally slow rate of breathing; cold, pale skin; fatigue, lethargy or apathy. **Persons exhibiting these symptoms need medical attention immediately.**

Children and the elderly are at greatest risk. For more information, please see the story on our website at richlandhealth.org

The Richland Public Health "Health Report" is a monthly production of the Community Health and Prevention Sciences Division. Suggestions and corrections, including mailing label corrections, are welcome. Call Shannon Nelson, CHPS Coordinator, at 419-774-4761 or email snelson@richlandhealth.org

Richland Public Health is an equal opportunity employer/provider of services.

"Health Quote"

**Let us rather
run the risk of
wearing out
than rusting out.**

Theodore Roosevelt

VITAL STATISTICS

The Vital Statistics division maintains records of all births and deaths in Richland County since 1908. For information on obtaining a birth or death certificate, check the website at richlandhealth.org or call 419-774-4500.

	November	Year To Date
Total Births (all ages)	107	1282
Births to Teens.....	2	80
Repeat Births*.....	69	807

	November	Year To Date
Total Deaths	152	1516
Female.....	79	733
Male.....	73	783

Causes of Death		
Heart Related.....	25	426
COVID-19 (coronavirus).....	28	232
Cancer.....	18	223
Alzheimers/Dementia.....	12	117
Accidents (drugs/falls/crashes).....	4	92
Lung Diseases.....	10	84
Strokes/CVA.....	8	59
Renal/Kidney.....	10	59
Flu/Pneumonia.....	3	31
Suicides.....	5	19
Homicides.....	0	6
Infant Mortality (see below).....	1	4
Other (not listed above).....	12	116
Deaths Pending Autopsy.....	5	17

*repeat births = 2nd or more live births
Birth & Death statistics include City of Shelby

Infant Mortality: Richland County

November: 1 **Year To Date: 4**

Infant mortality is defined as the death of a baby before his or her first birthday. Infant deaths are considered an important indicator of the overall health of a society. Deaths to residents occurring outside of Richland County are not reflected in county death statistics. **KNOW the SAFE SLEEP ABC's: Alone, on Back, in a Crib.**

CALLING THE HEALTH DEPARTMENT

Main Number.....	419-774-4500
Public Health Clinic.....	419-774-4700
Public Health Nursing.....	419-774-4540
Environmental Health.....	419-774-4520
Com. Health & Prev. Sciences.....	419-774-4761
WIC.....	419-774-4560

RETURN SERVICE REQUESTED

GET YOUR VACCINES!
Call 419-774-4700 for appointments.

