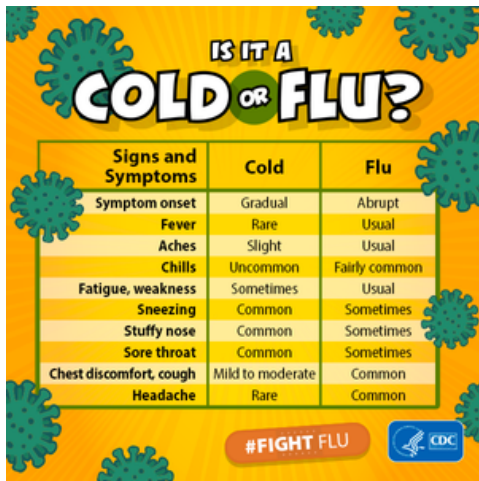





# January 2024 Newsletter

## Topic of the Month: Respiratory Viruses

Although the holiday season may be coming to an end, respiratory virus season is not. Is it a cold, the flu?



Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU 

Colds, flu, COVID-19, but have you heard of RSV? RSV is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious. [www.cdc.gov/rsv](http://www.cdc.gov/rsv)

PFL has resources to tackle respiratory virus season [here](#). To schedule a vaccination, see below.

### Immunization Clinics

Not sure where to get vaccinations for RSV, flu or COVID-19? The Chicago Department of Public Health has many immunization clinics around the city that are at no cost.

Take a look at the CDPH Vaccine Clinics Calendar [here](#).

## Project Firstline in 2023

- 3 Conferences
- 9 IPC Topics Covered
- 27 Onsite IPC Trainings
- 233 Onsite Participants
- 292 IDPH CEUs Awarded
- 867 Roundtable Participants
- 2,269 Newsletter Recipients



PFL looks forward to awarding even more CEUs with new IPC training topics and opportunities in 2024! Sign up for our newsletter to get the latest information!

*Our PFL-Chicago Team is available to answer your IPC questions, schedule onsite trainings (earn CEU credits), direct you to free CDC educational materials, and more! If you see our facilitators at your facility, say hi!*

*Scan the QR code on our logo to go to our [HAN page](#) to learn more. Or contact us directly at [projectfirstline@cityofchicago.org](mailto:projectfirstline@cityofchicago.org)*

