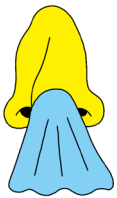


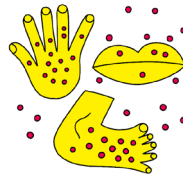
Am I Still Contagious?

Consult this quick guide whenever someone in your family is sick.



Cold

Mild symptoms, including runny nose and congestion. Most contagious on Days 2 and 3.



Hand, foot & mouth disease

Rash, mouth sores, fever. Most contagious while symptoms are present (a few days to a week).



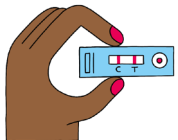
Conjunctivitis (pink eye)

Itchy, red, weepy eyes. Highly contagious for a few days to a couple weeks, if you get it in both eyes.



Norovirus

Diarrhea and vomiting. Symptoms last 24 to 48 hours, but you can be contagious for weeks.



Covid-19

Congestion, fatigue, cough, sore throat. Most contagious through Day 5.



R.S.V.

Severe coughing, wheezing, shortness of breath. Most contagious on Days 1 to 5.



Flu

Sore throat, congestion, fever, aches — all of which come on suddenly. Contagious for about five days.



Strep

Very sore throat, maybe fever. No longer contagious 24 hours after starting antibiotics.