

HOW LONG AM I CONTAGIOUS?

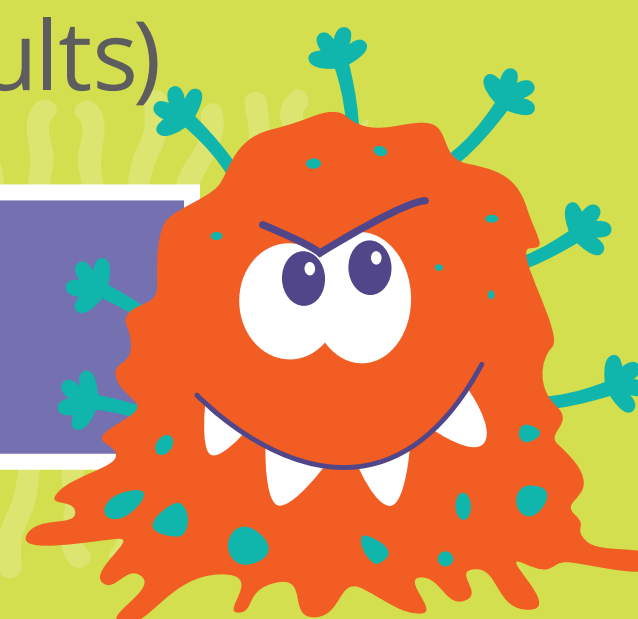
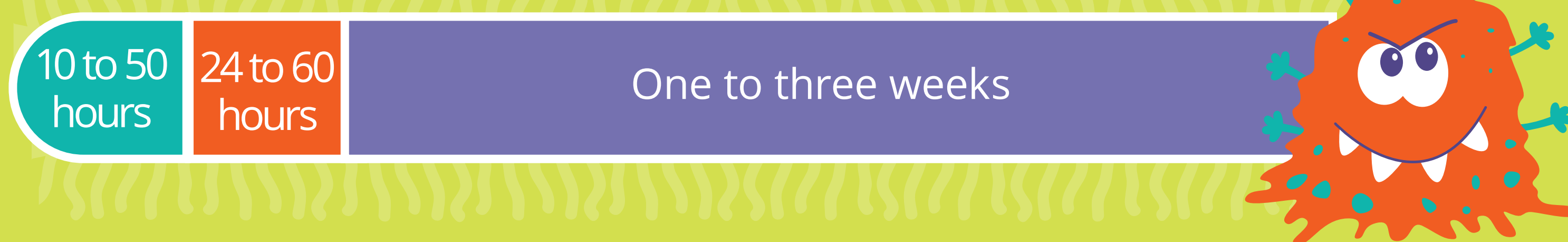


VIRUSES

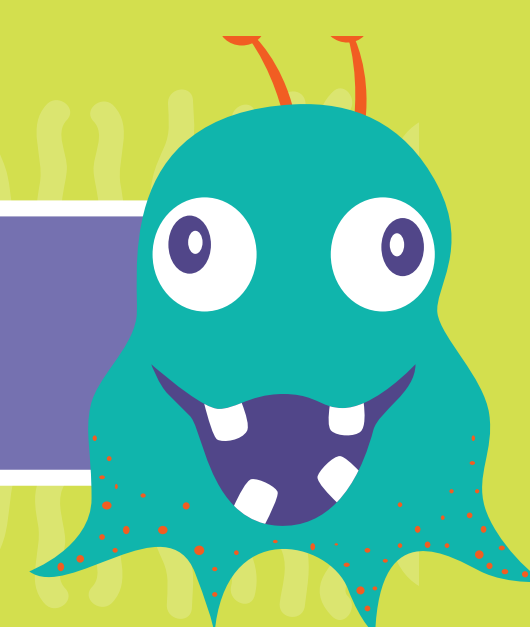
Viruses are a type of microorganism that invades the cells of your body. Unlike bacteria, they cannot survive without a host. So while both viral and bacterial infections have similar symptoms, they are very different in terms of transmission and treatment. Some viruses can continue to live in their host. Each virus should be looked at on an individual basis.

■ Time you are contagious before symptoms start
 ■ Time you are contagious after symptoms start
 ■ Time it takes before you are not contagious

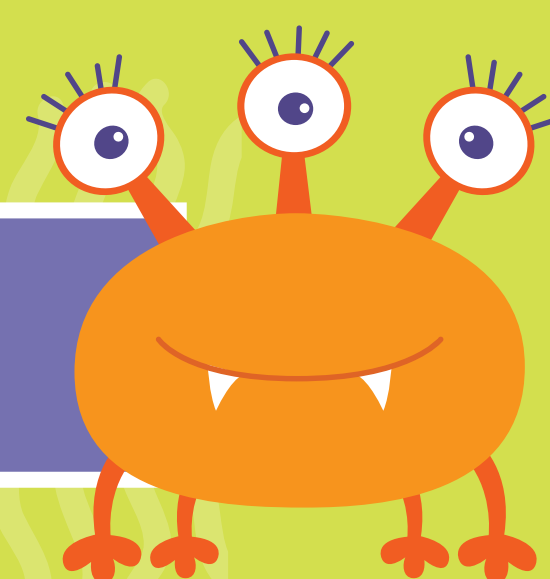
NOROVIRUS (Stomach flu, more common in adults)



ROTAVIRUS (Stomach flu, more common in children)



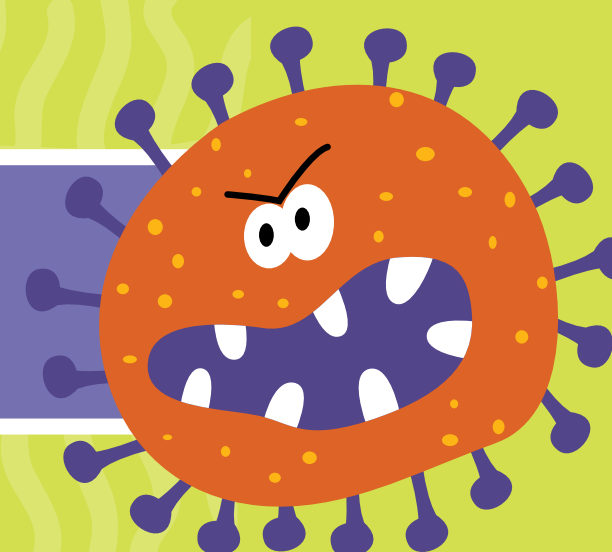
INFLUENZA (Flu: vaccine available)



RHINOVIRUS (Common cold)



SARS-COV-2 (COVID-19: vaccine available)



Learn more about COVID-19 nm.org/covid-19.

CONSULT YOUR PHYSICIAN IF YOUR SYMPTOMS PERSIST.

Sources:
cdc.gov/norovirus/index.html
www.cdc.gov/rotavirus/index.html
www.cdc.gov/flu/index.htm
www.cdc.gov/features/rhinoviruses/index.html
www.cdc.gov/coronavirus/2019-ncov/index.html