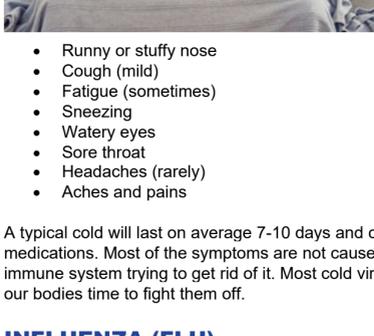




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What's the Difference Between a Cold, the Flu, Seasonal Allergies and COVID-19?



Fever, chills, body aches and cough. All the symptoms seem the same for a cold, the flu, seasonal allergies and COVID-19. How do you know the difference?

COLD

While you may feel miserable when you have a cold, the symptoms are generally mild compared to more aggressive viruses like the flu. A cold can cause any or all of these symptoms:

- Runny or stuffy nose
- Cough (mild)
- Fatigue (sometimes)
- Sneezing
- Watery eyes
- Sore throat
- Headaches (rarely)
- Aches and pains

A typical cold will last on average 7-10 days and can be treated with over-the-counter medications. Most of the symptoms are not caused by the virus itself, but rather the body's immune system trying to get rid of it. Most cold viruses will go away if we are patient and allow our bodies time to fight them off.

INFLUENZA (FLU)

Seasonal influenza (flu) is still active and generally comes on fast and furious. It's a common respiratory infection caused by a virus that affects your nose, throat and lungs and can last from 5-7 days. Here are some common symptoms of the flu:

- Fever and/or chills
- Cough (usually dry)
- Fatigue
- Aches and pains
- Runny or stuffy nose (sometimes)
- Sore throat (sometimes)
- Diarrhea (sometimes in children)

A vaccination is a good way to prevent the flu. If you received a vaccination and still get the flu, symptoms should be milder and you will likely get well without medical treatment. Antibiotics won't help a viral infection; the infection needs to run its course.

SEASONAL ALLERGIES

Seasonal allergy symptoms can range from mild to severe. Allergens in the air cause your immune system to release histamines, which causes inflammation, nasal drip and itchy, watery eyes. Fall symptoms typically start in early August when ragweed releases its pollen, affecting allergic people through October. Mold spores also grow during this time and become even more common as trees shed their leaves, leaving them to decay on the ground. Spring symptoms are caused by pollen that floats through the air from a variety of plants. One allergy symptom that is present in allergies, but not likely with the novel coronavirus, is sneezing. Allergy symptoms include:

- Itchy nose, eyes, throat, sinuses and ear canals
- Fatigue (sometimes)
- Cough
- Sneezing
- Wheezing
- Runny or stuffy nose
- Postnasal drainage
- Watery eyes
- Headaches (sometimes)
- Shortness of breath

Over-the-counter medications like antihistamines and decongestants can help reduce sneezing, itching and congestion. You may also find relief with a nasal spray that can help decongest or ease inflammation in your sinuses, or eye drops to help relieve itchy or watery eyes.

COVID-19

COVID-19 is a new strain of coronavirus not previously seen in humans. Four other strains of coronavirus are actually very common and usually only cause mild symptoms (like the common cold). However, some strains, like COVID-19, can cause severe illness or even death in certain groups. For example, older people and people of all ages with severe underlying health conditions—like heart disease, lung disease and diabetes, for example—seem to be at higher risk of developing serious COVID-19 illness. There is currently no FDA approved vaccine or treatment for COVID-19. Symptoms of COVID-19 can include:

- Fever and/or chills
- Cough (usually dry)
- Shortness of breath or difficulty breathing
- Tiredness (sometimes)
- Aches and pains (sometimes)
- Headaches (sometimes)
- Sore throat (sometimes)
- Loss of taste or smell
- Diarrhea
- Nausea or vomiting

Upper respiratory symptoms, like runny nose and sinus congestion, are very uncommon in COVID-19. To help prevent the spread of COVID-19, make sure to wash your hands often, avoid close contact with people who are sick, cover your coughs and sneezes, disinfect frequently touched surfaces and stay home when you feel ill. For more information on COVID-19, visit the [Weld County Department of Public Health and Environment's 2019 Novel Coronavirus \(COVID-19\) webpage](#).

Intermountain Healthcare, September 2020; Dr. Corbett, Family Allergy & Asthma, 2020

Allergies, Cold, Flu or COVID-19 Virus?

Here's how to tell the difference between allergy symptoms and the novel 2019 Coronavirus.

Symptoms	ALLERGIES	COLD	INFLUENZA	COVID-19
Symptoms begin	Gradually	Gradually	Abruptly	Within 14 days of exposure
Symptoms last	Allergy season	4 – 10 days	5 – 7 days	Varies by Person
Body aches	–	✓	✓	Sometimes
Chills	–	Less Common	✓	Sometimes
Dry cough	✓	✓	✓	✓
Exposure to germs	–	✓	✓	✓
Fatigue/Weakness	Sometimes	✓	✓	✓
Fever	–	Less Common	✓	✓
Headaches	✓	Less Common	✓	Sometimes
Itchy eyes	✓	–	–	–
Nasal Congestion	✓	✓	✓	Less Common
Nausea/Vomiting/Diarrhea	–	Sometimes	Sometimes	Sometimes
New loss of taste or smell	Sometimes	Sometimes	Sometimes	✓
Repeated shaking with chills	–	Sometimes	Sometimes	Sometimes
Runny nose	✓	✓	✓	Less Common
Sneeze	✓	✓	✓	Sometimes
Sore throat	Sometimes	✓	✓	Sometimes
Shortness of breath	Sometimes	Less Common	✓	✓
Symptoms get worse	–	–	✓	✓

Think You Have COVID-19?

Stay home and away from others • Monitor symptoms • Rest • Cover coughs and sneezes • Wash hands with soap and water often • Treat symptoms

Contact your doctor if you have a fever, cough, difficulty breathing or existing chronic disease.

njhealth.org
1.877.CALLNJH (1.877.225.5654)

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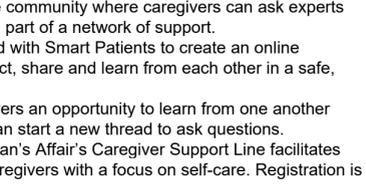
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View this table online at <https://www.nationaljewish.org/conditions/health-information/health-infographics/allergies-cold-flu-or-covid-19-virus>.

Looking for assistance with staying engaged and safe at home during the COVID-19 crisis? The Weld County Area Agency on Aging can help connect you to resources for home-delivered meals, caregiver support and more. Contact us at (970) 400-6952 or AAAinfo@weldgov.com.

Virtual Support Options for Family Caregivers

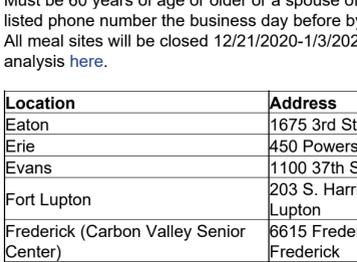
As the global COVID-19 pandemic continues to show no signs of stopping anytime soon, caregivers might be feeling some additional stressors, like isolation and decreased care assistance, that come along with protecting their loved one. In these times, it is important to find new ways to connect with others experiencing similar struggles. Virtual support networks are a great solution, but where to start? Many disease-specific organizations offer a virtual support option. Here are a few:



- [Alzheimer's Association](#) offers an online community and message board for everyone affected by Alzheimer's or another dementia. Individuals living with Alzheimer's, caregivers and family members can ask questions, get advice and find support. You can also find a listing of local support groups.
- [Parkinson's Foundation](#) offers an online community where caregivers can ask experts specific Parkinson's questions and be a part of a network of support.
- [Family Caregiver Alliance](#) has partnered with Smart Patients to create an online community where caregivers can interact, share and learn from each other in a safe, supportive environment.
- [AARP Online Community](#) offers caregivers an opportunity to learn from one another through an online forum. Participants can start a new thread to ask questions.
- [VA Caregiver Support Group](#) The Veteran's Affairs's Caregiver Support Line facilitates monthly telephonic presentations for caregivers with a focus on self-care. Registration is required.
- [Adult Children of Aging Parents](#) offers podcasts specially designed for adult-children caring for aging parents. Listen to informative, insightful and humorous discussions with experts in aging, family dynamics and adult-child caregiving.

Learn about AAA's Family Caregiver Support Program and other internal services [here](#).

The Importance of Food in Winter



Winter is a wonderful season that brings families and friends together around delicious comfort foods. While this winter will look very different compared to previous years, it is important to be safe while also enjoying the magic of the season.

It can be easy to overindulge during the holidays with carbohydrate-heavy meals and sweets, but moderation is key. Adding soups, stews, citrus fruits, broccoli and salmon to your diet in winter can satisfy your desire for comfort food while making healthy choices. It is also recommended to keep up to two weeks' worth of shelf-stable items in the pantry such as canned goods, dried fruits, peanut butter and granola bars in case of inclement weather or an emergency.

Here is a current list of food resources in Weld County that provide nutritious, healthy meals to older adults in the community.

Friendly Fork Meals

Must be 60 years of age or older or a spouse of a someone over the age of 60. Must call the listed phone number the business day before by 11:00 a.m. to make a reservation. Please note: All meal sites will be closed 12/21/2020-1/3/2021. You can find monthly menus and nutritional analysis [here](#).

Location	Address	Day	Time	Phone Number
Eaton	1675 3rd St., Eaton	W	12:00	(970) 454-1070
Erie	450 Powers St., Erie	Th	12:30	(303) 926-2795
Evans	1100 37th St., Evans	T, F	11:15	(970) 475-1132
Fort Lupton	203 S. Harrison Ave., Fort Lupton	M	12:00	(303) 857-4200 x6166
Frederick (Carbon Valley Senior Center)	6615 Frederick Way, Frederick	T, Th	11:30	(970) 400-6955
Greeley (Active Adults Center)	1010 6th St., Greeley	MWF	11:30	(970) 400-6955
Hill-n-Park	4205 Yosemite Dr., Greeley	W	11:30	(970) 400-6955
Johnstown	101 W. Charlotte St., Johnstown	W	12:00	(970) 587-5251
Kersey	215 2nd St., Kersey	T, Th	11:30	(970) 352-8394
LaSalle	101 Todd Ave., LaSalle	T	11:15	(970) 284-0900
Mead	441 3rd St., Mead	Th	11:45	(970) 535-4477
Milliken	1101 Broad St., Milliken	M, F	11:30	(970) 660-5040
Nunn	775 3rd St., Nunn	Th	11:45	(970) 897-2459
Platteville	508 Reynolds Ave., Platteville	M, F	12:00	(970) 785-2245 x1106
Windsor	250 N. 11th St., Windsor	M - F	11:15	(970) 674-3500

Meals on Wheels

Specialty prepared, nutritious meals are delivered to the home. For more information, contact Meals on Wheels. In Greeley, please call (970) 353-9738. For Carbon Valley and Fort Lupton, please call (303) 833-3021.

Carbon Valley Help Center

Will remain open Tuesday and Thursday from 9:00 a.m. – 3:00 p.m. They are meeting clients at the front of the office to fill out the intake form. They have perishable food and toiletries for any clients needing them currently. They are currently interviewing people by phone and email for financial assistance. They are only offering limited help with utilities. For questions, please call (303) 833-6626.

Weld Food Bank Older Adult Program

The Older Adult Program is for adults over 60 years of age. Older adults can either come to the Food Bank or delivery may be an option for homebound older adults. Complete the application online or call (970) 356-2199 ext. 311.

Food Resource Hotline

Assists anyone needing help to find food, keeps information confidential, has bilingual staff and helps in applying to federal nutrition programs such as SNAP. Please call (855) 855-4626.

60+ Food Delivery Program

In partnership with the Area Agency on Aging/State Unit on Aging, United Way, Weld Community Foundation, King Soopers, Walmart and Weld Food Bank, 60+ Range has started a grocery delivery program in response to the COVID-19 outbreak. If you are 60 or older and in need of grocery delivery, please call (970) 702-6413 9:00 a.m. – 4:00 p.m. Monday through Friday.

Please note that this information is subject to change – updated 11/17/2020.

For other resource options, please contact the Weld County Area Agency on Aging for Information and Assistance at (970) 400-6952 or AAAinfo@weldgov.com.

Winter Weld Aging Well Opportunities

Powerful Tools for Caregivers Workshop

If you are caring for a loved one at home, this workshop will help you learn to reduce stress, guilt and anger. You will also learn skills including relaxation techniques, goal setting and problem-solving. This program is for family caregivers only. Workshop meets once a week for six weeks. FREE, but registration is required by calling (970) 400-6117.



Wednesdays, 1/20/21 to 2/24/21 from 10:00 a.m. – 12:00 p.m.: Online, Zoom Meeting

Healthier Living Diabetes Workshop

Become a self-manager of your diabetes by learning to apply the knowledge you already know such as reading nutrition labels and healthy eating, preventing low blood sugar, developing an exercise program and setting achievable goals. Workshop meets once a week for six weeks. FREE for people 60 and older, but registration required by calling (970) 400-6117.

Wednesdays, 1/31/21 to 2/17/21 from 1:30 – 4:00 p.m.: Online, Zoom Meeting

Stress Busting Workshop

Learn new stress management techniques, relaxation and coping skills. The evidence-based workshop is for family caregivers only who provide care to persons with Alzheimer's disease or dementia. Workshop meets once a week for nine weeks. FREE, but registration is required by calling (970) 400-6117.

Tuesdays, 2/2/21 to 3/9/21 from 1:00 – 3:30 p.m.: Online, Zoom Meeting

Ageing Mastery Program

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Ageing Mastery journey together. Self-guided toolkits with weekly check-in calls. FREE for people 60 and older, but registration is required by calling (970) 400-6117.

Learn about the Weld Aging Well Program [here](#).

To learn more, visit our [website](#).