

Landis Communities Influenza & COVID-19 Update January 4, 2023

We hope you enjoyed a holiday season filled with special moments! Although it was wonderful for many of us to have time with friends and family, all that togetherness is likely the cause of increased incidents of illness among residents, clients and team members.

Along with COVID-19, influenza and RSV are also being reported. This chart shows many of the symptoms of these three viruses overlap and it can be difficult to know what is causing an illness. The CDC website says:

You cannot tell the difference between flu and COVID-19 by the symptoms alone because they have some of the same signs and symptoms. Specific testing is needed to tell what the illness is and to confirm a diagnosis. Having a medical professional administer a specific test that detects both flu and COVID-19 allows you to get diagnosed and treated for the specific virus you have more quickly. Getting treated early for COVID-19 and flu can reduce your risk of getting very sick. Testing can also reveal if someone has both flu and COVID-19 at the same time, although this is uncommon. People with flu and COVID-19 at the same time can have more severe disease than people with either flu or COVID-19 alone.

What virus do I have?

Symptoms	COVID-19	RSV	Flu
Onset of symptoms	Gradual onset then sudden escalation	Mild onset with sudden escalation	Abrupt onset
Severity of symptoms	Mild to severe	Mild to severe	Mild to severe
Length of symptoms	7-25 days	3-7 days	7-14 days
Loss of taste and/or smell	Common	Rare	Rare
Trouble breathing	Sometimes (can be severe)	Common	Not common
Cough	Common (usually dry)	Common	Common (usually dry)
Sneezing	Not common	Common	Rare
Runny/stuffy nose	Not common	Common	Sometimes
Sore throat	Sometimes	Common	Common
Fever	Common	Common	Common
Fatigue	Sometimes	Sometimes	Common
Headaches	Sometimes	Rare	Common
Body aches	Sometimes	Rare	Common
Diarrhea/nausea/vomiting	Sometimes	Rare	Sometimes



The most important thing to remember is if you don't feel well, stay home. Testing negative on a COVID-19 home test does not mean you are not contagious. Monitor your symptoms, be in touch with your healthcare provider, and get other tests as needed to determine your illness.

For those visiting Healthcare or Personal Care residents at Landis Homes, a screening question has been added regarding symptoms. Visitors experiencing any of the symptoms noted in the chart above will not be permitted to enter. As always, our primary goal is to do all we can to keep residents, clients and team members healthy. Everyone is asked to be part of this effort.



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The omicron sub variant, known as XBB.1.5, is spreading quickly. According to Time magazine writer Jamie Ducharme, “while XBB is more immune-evasive than previous versions of the virus, people who have received the updated bivalent booster are better protected against it than those who have not. Just 15% of people in the U.S. ages 5 and older have gotten a bivalent booster, according to the CDC, which means many people are currently not as protected as they could be against the new variant.”

Please stay up-to-date with COVID-19 vaccinations. COVID-19 vaccine boosters can enhance or restore protection that might have decreased over time. You are considered up-to-date immediately after getting all recommended boosters. Vaccine clinics on the Landis Homes campus continue on the 1st and 3rd Thursdays of each month. Contact Jenny Sheckells at 717.381.3573 for more information or to schedule an appointment.

Blessings to you for a safe, healthy and joy-filled 2023!

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