

## **COVID-19 and Seasonal Illnesses (Interview Transcripts)**

**Carolyn Gale, PA, Family Medicine, OSF HealthCare**

“Part of the reason we want to have you keep up with your COVID vaccines – whether you’ve had the disease or you’ve had the first two shots – is because now if you get the disease and it may be really mild. And we all have to do our part to keep ourselves from getting sick even if it is not severe illness.” (:20)

**Carolyn Gale, PA, Family Medicine, OSF HealthCare**

“Even if you had it last year, I would recommend to go ahead and get COVID testing if nothing else. Especially if it’s mild. If it’s a mild cold or something like that, just go get a COVID test.” (:14)

**Carolyn Gale, PA, Family Medicine, OSF HealthCare**

“If you have influenza, you almost always have a fever – but not 100% of the time. With that, there is a dry cough, body aches, you feel like you got hit by a Mack truck. And you get really suspicious that it is influenza.” (:17)

**Carolyn Gale, PA, Family Medicine, OSF HealthCare**

“If you have influenza and you don’t have a lot of high risk symptoms, and you don’t have a fever, usually you can wait seven days and ride it out and not end up in the hospital. But if you have underlying health risks, get tested – because if you have influenza you need to be treated within the first three days of the disease.” (:21)

**Carolyn Gale, PA, Family Medicine, OSF HealthCare**

“Talking with your provider when you are unsure of your symptoms and what it could be is the best way to go about it.” (:07)