

Health and Safety

Common Infectious Diseases

Infectious disease	Symptoms		Potential health complications
Influenza (flu)	<ul style="list-style-type: none"> Sudden fever Shivers Dry cough Sore throat Runny nose 	<ul style="list-style-type: none"> Muscle pain Fatigue Headaches 	<ul style="list-style-type: none"> Pneumonia Aggravation of chronic diseases (asthma, heart) Dehydration Hospitalization, death
COVID-19	<ul style="list-style-type: none"> Fever Dry cough Fatigue Loss of taste/smell Sore throat 	<ul style="list-style-type: none"> Shortness of breath Body aches Headaches Nasal congestion Diarrhea 	<ul style="list-style-type: none"> Severe pneumonia Acute Respiratory Distress Syndrome (ARDS) Blood clots Multiorganic dysfunction Long COVID Death
Common cold	<ul style="list-style-type: none"> Nasal congestion/runny nose Sneezing Light sore throat 	<ul style="list-style-type: none"> Light cough Moderate fatigue 	<ul style="list-style-type: none"> Sinusitis Medium otitis Bronchitis Aggravation of asthma or respiratory illnesses
Pneumonia	<ul style="list-style-type: none"> High fever Shivers Cough with expectoration 	<ul style="list-style-type: none"> Pain in chest Shortness of breath Significant fatigue 	<ul style="list-style-type: none"> Respiratory failure Pleural effusion Sepsis (excessive reaction of immune system) Death
Whooping cough	<ul style="list-style-type: none"> Violent cough in fits Vomit after cough Light fever 	<ul style="list-style-type: none"> Shortness of breath 	<ul style="list-style-type: none"> Pneumonia Rib fractures Convulsions Apnea (infants), Death
Measles	<ul style="list-style-type: none"> High fever Cough Koplik spots (red spots on the body/in the mouth) 	<ul style="list-style-type: none"> Conjunctivitis Rash Runny nose 	<ul style="list-style-type: none"> Pneumonia Encephalitis (brain infection) Permanent loss of hearing Severe diarrhea Death
Tuberculosis	<ul style="list-style-type: none"> Persistent cough (>3 weeks), bloody spit Weight loss 	<ul style="list-style-type: none"> Night sweats Fever Fatigue 	<ul style="list-style-type: none"> Severe lung damage Extra pulmonary tuberculosis Respiratory failure Death