



December 2024

The Carlton Times

Nourishing Mind, Body, and Soul



Pictured: CSL Davis

Start Your Day with Alexa

Alexa's "Start My Day" feature is the best way for you to get all of your community's daily information.

When you ask Alexa to start your day, Alexa will read the day's menu, activities schedule, and any community messages. Aside from providing useful information, this also lets your community know that you are up and about.

To use this feature, simply say, "Alexa, start my day."

Alexa, start my day.

You're going to have a great day. Would you like to hear the activities?



Tips

- Alexa will only read information that is available. For example, if you do not hear the menu, it means that the menu is not currently available.
- Speak slowly and clearly when giving Alexa a command.
- If it doesn't work the first time, try again!
- If you are done listening or do not want Alexa to continue speaking, say "Alexa, stop," or "Alexa, off."

Questions about Alexa? Speak with your Resident Liaison or Activities Manager.





Jennell Revera
Executive Director



Olivia Sterba
Executive Assistant



Andrea Quintanilla
Director of Resident
Services



Evangeline Rodriguez
Director of Memory
Care



Gurleen Kaur
Medication Manager



Onuhliese Rodriguez
AL Care Manager



Jennifer Luna
MC Care Manager



Felix James
Resident Liaison



Alan Trujillo
Executive Chef



Debbie Burgstrom
Dining Room Manager



Julia Johnson
Activities Manager



Gil Plascencia
Maintenance Manager



Misty Charles
Director of New
Sales Development



Krystal Cosaino
Sales Assistant

TRANSPORTATION POLICIES

Doctor Shuttles

We offer transportation to medical appointments on Tuesdays and Thursdays between 10:30 AM and 2:30 PM. Transportation must be requested 72 hours (3 days) in advance subject to driver availability. Our driver takes their 30-minute lunch at 11:00 AM and is unavailable at that time.

Concierge Service

We offer limited non-medical transportation. Concierge appointments are subject to driver availability and manager approval. We are not able to provide Carlton escorts for Concierge appointments

Church, Shopping, and Bank Shuttles

We can provide transportation to religious services on Sunday mornings by appointment. The shuttle starts service at 8:15 AM and returns to the community by 12:30 PM. Subject to change.

Check the activity schedule for this week's destinations.

Note: the bank shuttle does not run on federal holidays.

Transportation Charges

All transportation within a 10 mile radius of our community is **FREE**. For transportation outside of the 10 mile radius, we charge a flat rate of \$45 one way. Additional charges will apply for residents who require a personal escort. Please see our 2023 Summary of Services for more information on transportation and escort charges.

[How to Schedule Transportation](#)

Please place your transportation request slip in the box at the front desk.

Transportation must be requested at least 72 hours (3 days) in advance. All requests are subject to driver availability and manager approval.

Questions about our transportation program?

Contact Julia Johnson, Interim Assisted Living Activities Manager.

Carlton Spotlight:

*Keith
Tronson*



Keith was born on March 26, 1943 in Spokane, WA.

Bachelor of Science in Accountancy was what Keith graduated with at Sacramento State University. He was a certified public accountant for the most part of his life.

Keith loves playing scrabble and trivia, which he plays with other residents regularly and has constantly won. He also has learned to love the new hobby of therapeutic painting.

Keith and wife Betty have spearheaded the Parkinson Support Group at the community.

Keith's sweet demeanor, kind heart and soft-spoken nature has endeared him to residents and staff alike.

SUNDAY, DECEMBER 1

- 9:00 - Good Shepherd Communion Services (TV)
- 10:00 - Chair Fitness (CR)
- 10:45 - Morning Stroll (FD)
- 11:00 - Early Morning Bingo (PE)
- 12:30 - OUTING: Pops Chorale Musical (FD)**
- 1:30 - Afternoon Stretch (PE)
- 2:30 - Afternoon Concert: Sassy Seniors (LR)**
- 4:00 - Christmas Wreath-making (PE)**
- 6:00 - The Christmas Chronicles (TV)

MONDAY, DECEMBER 2

- 10:00 - Strength Training (CR)
- 10:30 - Laughter & Giggles with Bonka (PE)
- 10:45 - Morning Stroll (FD)
- 12:15 - Resident Poker Hour (LR)
- 1:30 - Bingo (PE)
- 2:30 - Pop In and Chat (Cafe)
- 3:00 - Baking: Red Velvet Crinkles (PE)**
- 4:30 - The Lake House (TV)
- 6:00 - The Christmas Chronicles 2 (TV)

TUESDAY, DECEMBER 3

- 9:30 - Legion of Mary Prayer Hour (IR)
- 10:00 - Live 2B Healthy Exercise (CR)
- 10:00 - Culinary Creation with Chef (PE)**
- 10:45 - Morning Stroll (FD)
- 12:15 - Resident Poker Hour (LR)
- 1:30 - Bingo (PE)
- 2:00 - Bookmobile Monthly Visit (FD)**
- 2:30 - Pop In & Chat (Cafe)
- 3:00 - Ceramics with Susan (PE)
- 4:30 - Word Games: Word in a Word (PE)
- 6:00 - Evening Concert with Antonio (LR)**

WEDNESDAY, DECEMBER 4

- 10:00 - Music & Motion (CR)
- 10:45 - Morning Stroll (FD)
- 12:15 - Resident Poker Hour (LR)
- 1:30 - Bingo (PE)
- 2:30 - Resident Council Meeting (TV)**
- 3:00 - **Christmas Wreath-making (PE)**
- 4:30 - Afternoon Stretch
- 5:00 - OUTING: Dinner at Sheldon Inn (FD)**
- 6:00 - The Noel Diary (TV)

THURSDAY, DECEMBER 5

- 10:00 - Live 2B Healthy (CR)
- 10:15 - Billiards & Conversations (PE)
- 10:45 - Morning Stroll (FD)
- 12:15 - Resident Poker Hour (LR)
- 1:30 - Bingo (PE)
- 2:30 - Pop In And Chat (Cafe)
- 3:00 - Frosted Mason Jar Lanterns (PE)
- 4:30 - Travel: Holidays in Mexico (PE)
- 6:00 - Evening Concert with Robert (LR)**

FRIDAY, DECEMBER 6

- 10:00 - Balance Bar Fitness (CR)
- 10:30 - Resident Card Game (PE)
- 10:45 - Morning Stroll (FD)
- 12:15 - Resident Poker Hour (LR)
- 1:30 - Bingo (PE)
- 2:30 - Cocktails: Holiday Margarita (PE)**
- 3:30 - Music & Melody with Melissa (PE)
- 4:30 - Afternoon Stretch (PE)
- 6:00 - The Claus Family (TV)

SATURDAY, DECEMBER 7

- 10:00 - Live 2B Healthy (CR)
- 10:00 - Ladies' Fireplace Conversations (LR)
- 10:00 - Shuttle: Safeway (FD)**
- 10:45 - Morning Stroll (FD)
- 12:15 - Resident Poker Hour (LR)
- 1:30 - Bingo (PE)
- 2:30 - Pop In and Chat (Cafe)
- 3:00 - Happy Hour with Evening Star Band (LR)**
- 4:30 - Word Game: Blank Slate
- 6:00 - The Claus Family 2 (TV)

Resident Meetings

Resident Meetings are open to all community residents. Share your opinion and participate in meetings for community updates.

All meetings are held in the

TV Room (upstairs).

2:30 PM

**Resident Council Meeting:
Wednesday, December 4th
Food Committee Meeting:
Wednesday, December 11th**

SUNDAY, DECEMBER 8

9:00 - Good Shepherd Communion Services (TV)
10:00 - Chair Fitness (CR)
10:30 - Vorwerck's Piano Recital (LR)
10:30 - OUTING: Hood Supply Bar & Grill (FD)
10:45 - Morning Stroll (FD)
11:00 - Early Morning Bingo (PE)
1:00 - Afternoon Concert with Darrell (LR)
2:30 - Holiday Paint & Sip (PE)
4:30 - Afternoon Stretch (PE)
6:00 - The Claus Family 3 (TV)

MONDAY, DECEMBER 9

10:00 - Strength Training (CR)
10:30 - Get To Know Your Neighbor (PE)
10:45 - Morning Stroll (FD)
12:15 - Resident Poker Hour (LR)
1:30 - Bingo (PE)
2:30 - Pop In and Chat (Cafe)
3:00 - Baking: Christmas Pinecones (PE)
4:30 - Brain Games: Around the World (PE)
6:00 - A Christmas Prince (TV)

TUESDAY, DECEMBER 10

9:30 - Legion of Mary Prayer Hour (IR)
10:00 - Live 2B Healthy Exercise (CR)
10:45 - Morning Stroll (FD)
12:15 - Resident Poker Hour (LR)
1:30 - Bingo (PE)
2:30 - Resident Photoshoot with Santa (LR)
4:30 - Word Games: Boggle (PE)
5:30 - Evening Concert with Rick (LR)

WEDNESDAY, DECEMBER 11

10:00 - Chair Fitness (CR)
10:30 - Christmas Shopping at Delta Shores (FD)
10:45 - Morning Stroll (FD)
11:00 - Early Morning Bingo (PE)
1:00 - Carlton University: Disneyland (TV)
2:30 - Food Committee Meeting (TV)
3:00 - Quarterly Craft: Joy Signage (PE)
4:30 - Afternoon Stretch
5:30 - Dementia Support Meeting (TV)

THURSDAY, DECEMBER 12

10:00 - Live 2B Healthy (CR)
10:15 - Billiards & Conversations (GR)
10:45 - Morning Stroll (FD)
12:15 - Resident Poker Hour (LR)
1:30 - Bingo (PE)
2:00 - Silver Strummers Ukelele Show (LR)
3:00 - Therapeutic Art Painting (PE)
4:30 - Travel: Holidays in Philippines (PE)
6:00 - Evening Concert with Richard (LR)

FRIDAY, DECEMBER 13

10:00 - Balance Bar Fitness (CR)
10:30 - Resident Card Game (PE)
10:45 - Morning Stroll (FD)
12:15 - Resident Poker Hour (LR)
1:30 - Bingo (PE)
2:30 - Cocktail: Peppermint White Russian (PE)
3:30 - Music & Melody with Melissa (PE)
4:30 - Afternoon Stretch (PE)
6:00 - A California Christmas (TV)

SATURDAY, DECEMBER 14

10:00 - Live 2B Healthy (CR)
10:00 - Ladies' Fireplace Chat Time (LR)
10:45 - Morning Stroll (FD)
12:15 - Resident Poker Hour (LR)
1:30 - Bingo (PE)
1:30 - Scenic Drive: Old Folsom (FD)
3:00 - Happy Hour with Gary (LR)
4:30 - Word Games: Boggle (PE)
6:00 - The Holiday Calendar (TV)



Keep your mind active with
Carlton University!

December's Class Topic:
"History of Disneyland"

Taught by Taren Petros, Vice President,
Business Operations & Technology

Wednesday, December 11 at 1:00pm
TV Room, 2nd Floor

SUNDAY, DECEMBER 15

9:00 - Good Shepherd Communion Services (TV)
10:00 - Chair Fitness (CR)
10:30 - OUTING: T2Yan Chinese Cuisine (FD)
10:45 - Morning Stroll (FD)
11:00 - Early Morning Bingo (PE)
1:00 - Gingerbread House Competition (PE)
2:30 - Strings, Keys & Melodies (LR)
4:00 - Alpine Traditions Band (LR)
5:30 - Christmas Lights at Fab 40s (FD)
6:00 - Ignite Community Church Carols (LR)

MONDAY, DECEMBER 16

10:00 - Strength Training (CR)
10:30 - Music Therapy with Danielle (LR)
10:45 - Morning Stroll (FD)
12:15 - Resident Poker Hour (LR)
1:00 - Cheesecake Creation with Chef (PE)
2:30 - Pop In and Chat (Cafe)
3:00 - Baking: Melted Snowman Cookies (PE)
4:00 - Late Afternoon Bingo (PE)
6:00 - Miracle in Bethlehem, PA (TV)

TUESDAY, DECEMBER 17

9:30 - Legion of Mary Prayer Hour (IR)
10:00 - Live 2B Healthy Exercise (CR)
10:00 - Holiday Cookie Paint & Dip with Chef (PE)
10:45 - Morning Stroll (FD)
12:15 - Resident Poker Hour (LR)
1:30 - Bingo (PE)
2:30 - Pop In & Chat (Cafe)
3:00 - December Birthday Party (PE)
6:00 - Evening Concert with Alvin (LR)

WEDNESDAY, DECEMBER 18

10:00 - Chair Fitness (CR)
10:30 - Baking Cinnamon Buns with Chef (PE)
10:45 - Morning Stroll (FD)
11:15 - Early Morning Bingo (PE)
12:15 - Resident Poker Hour (LR)
2:00 - Holiday Staff Party (LR)
3:00 - Sacramento Banjo Band (CR)
5:30 - Christmas Lights at Fab 40s (FD)
6:00 - Singing Carols with EG Girl Scouts (LR)

THURSDAY, DECEMBER 19

10:00 - Live 2B Healthy (CR)
10:15 - Billiards & Conversations (GR)
10:45 - Morning Stroll (FD)
12:15 - Resident Poker Hour (LR)
1:30 - Bingo (PE)
2:30 - Pop In and Chat (Cafe)
3:00 - Santa Mason Gift Jar (PE)
4:30 - Travel: Holidays in Switzerland (PE)
5:30 - Christmas Lights at Fab 40s (FD)
6:00 - Evening Concert with Andy (LR)

FRIDAY, DECEMBER 20

10:00 - Balance Bar Fitness (CR)
10:30 - Resident Card Game (PE)
10:45 - Morning Stroll (FD)
12:15 - Resident Poker Hour (LR)
1:30 - Bingo (PE)
2:30 - Cocktails: Boozy Hot Chocolate (PE)
3:30 - Music & Melody with Melissa (PE)
4:30 - Afternoon Stretch (PE)
6:00 - A Biltmore Christmas (TV)

SATURDAY, DECEMBER 21

10:00 - Live 2B Healthy (CR)
10:00 - Ladies' Fireplace Chat Time (LR)
10:30 - Culinary Creation with Santa & Mrs. Claus (PE)
10:45 - Morning Stroll (FD)
12:15 - Resident Poker Hour (LR)
1:30 - Bingo (PE)
2:30 - Pop In and Chat (Cafe)
3:00 - Happy Hour with the Song Birds (LR)
4:30 - Blank Slate (PE)
6:00 - The Knight Before Christmas (TV)

Holiday
COOKIE PAINT & DIP
with Chef & Krystal

10:00 AM
December 17th, TUESDAY
ACTIVITY ROOM

LIMITED 10 SEATS

RSVP: SIGN UP at the Front Desk
FIRST COME, FIRST SERVED BASIS

SUNDAY, DECEMBER 22

9:00 - Good Shepherd Communion Services (TV)
10:00 - Chair Fitness (CR)
10:45 - Morning Stroll (FD)
11:00 - Early Morning Bingo (PE)
1:30 - Carols with Girl Scout Daisy Troop (PE)
2:30 - Afternoon Concert with Chris (LR)
3:30 - Christmas Body Scrub (PE)
6:00 - I Believe in Santa (TV)

MONDAY, DECEMBER 23

10:00 - Strength Training (CR)
10:30 - Laughter & Giggles with Bonka (PE)
10:45 - Morning Stroll (FD)
12:15 - Resident Poker Hour (LR)
1:30 - Bingo (PE)
2:30 - Baking: Christmas Lights Cupcake (PE)
4:30 - Brain Games: Around the World (PE)
6:00 - Let It Snow (TV)

TUESDAY, DECEMBER 24

9:30 - Legion of Mary Prayer Hour (IR)
10:00 - Live 2B Healthy Exercise (CR)
10:00 - Cacao y Bolleria con Chef (LR)
10:45 - Morning Stroll (FD)
12:15 - Resident Poker Hour (LR)
1:30 - Bingo (PE)
2:30 - Pop In & Chat (Cafe)
3:00 - (PE)
6:00 - Evening Concert with Andrii (LR)

WEDNESDAY, DECEMBER 25

10:00 - Music and Motion (CR)
10:30 - Christmas with Mrs. Claus & Jingles (LR)
10:45 - Morning Stroll (FD)
12:15 - Resident Poker Hour (LR)
1:30 - Christmas Bingo (PE)
2:30 - Coffee & Christmas Cookies (Cafe)
3:00 - Christmas Harp Music with Alex (LR)
4:30 - A to Z Word Game: Christmas (PE)
6:00 - Christmas on Mistletoe Farm (TV)

THURSDAY, DECEMBER 26

10:00 - Live 2B Healthy (CR)
10:30 - Billiards & Conversations (GR)
10:45 - Morning Stroll (FD)
12:15 - Resident Poker Hour (LR)
1:30 - Bingo (PE)
3:00 - Therapeutic Art Painting (PE)
4:30 - Travel: Holidays in Norway (PE)
6:00 - Evening Concert with Chaz (LR)

FRIDAY, DECEMBER 27

10:00 - Balance Bar Fitness (CR)
10:30 - Resident Card Game (PE)
10:45 - Morning Stroll (FD)
12:15 - Resident Poker Hour (LR)
1:30 - Bingo (PE)
2:30 - Cocktail: Winter Wonderland (PE)
3:30 - Music & Melody with Melissa (PE)
4:30 - Trivia (PE)
6:00 - Christmas on Cherry Lane (TV)

SATURDAY, DECEMBER 28

10:00 - Live 2B Healthy (CR)
10:00 - Ladies' Fireplace Chat Time (LR)
10:45 - Morning Stroll (FD)
12:15 - Resident Poker Hour (LR)
1:30 - Scenic Drive: Old Placerville (FD)
1:30 - Bingo (PE)
2:30 - Pop In and Chat (Cafe)
3:00 - Happy Hour with Beny (LR)
4:30 - Blank Slate (PE)
6:00 - David and the Elves (TV)

LOCATION KEY

1st Floor: (LR) Living Room, (DR) Dining Room, (PDR) Private Dining Room, (FD) Front Desk, (PE) Personal Expressions Room, (CY) Courtyard, (WC) Wellness Center

2nd Floor: (TV) Theatre, (GR) Game Room, (IR) Inspiration Room, (CR) Craft Room, (Lib) Library, (BS) Beauty Salon, (HWO) Health & Wellness Office - PC Lounge

Activities are subject to change

SUNDAY, DECEMBER 29

- 9:00 - Good Shepherd Communion Services (TV)
- 9:30 - OUTING: Original Mike's Diner (FD)**
- 10:00 - Chair Fitness (CR)
- 10:45 - Morning Stroll (FD)
- 11:00 - Early Morning Bingo (PE)
- 1:30 - Afternoon Stretch (PE)
- 2:30 - Afternoon Concert with Jeff (LR)**
- 4:00 - Wine Glass Snow Globe (PE)**
- 6:00 - Falling for Christmas (TV)

MONDAY, DECEMBER 30

- 10:00 - Strength Training (CR)
- 10:30 - Get to Know Your Neighbor (PE)
- 10:45 - Morning Stroll (FD)
- 12:15 - Resident Poker Hour (LR)
- 1:30 - Bingo (PE)
- 2:30 - Cocktail: NYE Champagne Sparkler (PE)**
- 4:30 - Brain Games: Around the World (PE)
- 6:00 - Best. Christmas. Ever. (TV)

TUESDAY, DECEMBER 31

- 9:30 - Legion of Mary Prayer Hour (IR)
- 10:00 - Live 2B Healthy Exercise (CR)
- 10:30 - New Year Resolutions (PE)
- 10:45 - Morning Stroll (FD)
- 12:15 - Resident Poker Hour (LR)
- 1:30 - New Year Bingo (PE)
- 2:30 - Caramel Popcorn & Chat (Cafe)
- 3:00 - New Year's Eve with David Flynn (LR)**
- 4:00 - New Year Ball Drop (LR)**
- 6:00 - Evening Concert with Chloe (LR)**



Welcome to Our Family

Ethel Holland
Merritt Davis

Welcome our newest neighbors to
the community.

Celebrate the season with a
HOLIDAY PHOTO WITH SANTA



You're invited!

DECEMBER

TUESDAY 10 2:30 PM
-4:30 PM

LIVING ROOM

Hot Cocoa and Cookies at the Bar
Photos will be sent digitally to
your provided email address

RSVP JULIA
jjohnson@carltonseniorliving.com
before December 5th, Thursday

Christmas
with
Mrs. Claus
& Jingles, the elf

DECEMBER 25,
WEDNESDAY, 10:30 AM
LIVING ROOM



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DECEMBER BIRTHDAYS

3 Robert R.

10 Nancy W.

12 Eloise W.

14 Wilma G.

22 Jane R.

23 Aki I.

30 Wayne S.

31 Carol H.

BIRTHDAY
PARTY

DEC 17

TUESDAY
3:00 PM

Engagement Outing

Dec 1, 12:30 PM, Sunday
Pops chorale Musical, Folsom

Dec 4, 5:00 AM, Wednesday
Dinner at Sheldon Inn

Dec 8, 10:30 AM, Sunday
Lunch at Hood Supply Kitchen

Dec 15, 10:30 AM, Sunday
T2-Yan Chinese Cuisine

Dec 29, 9:30 AM, Sunday
Breakfast at Original Mike's Diner

Shopping Shuttles

Dec 7, 10:00 AM, Safeway Bruceville

Dec 11, 10:00 AM, Delta Shores

Scenic Drives

Dec 14, 1:30 PM, Sunday: Old Folsom

Dec 28, 1:30 PM, Saturday: Old Placerville

Dec 15, 18 & 19, 5:30 PM, : Fab 40s Lights Tour

Christmas DRESS-UP DAYS

December 4th • Festive Socks Day

December 5th • Dress as a Christmas Character

December 7th • Pearl Harbor Memorial Day

Wear **RED, WHITE & BLUE**

December 15th • Jersey Day

December 16th • Dress as an Elf

December 17th • Wear a Holiday Scarf or Beanie

December 18th • Holiday Staff Party

Wear **ANYTHING FESTIVE**

December 19th • Don a Festive Headwear

December 20th • Ugly Sweater Day

December 21st • Holiday Tree Day

Wear **GREEN & LIGHTS**

December 22nd • Pajama Day

December 23rd • Dress as the Grinch

December 24th and 25th • Green, Red and White

December 26th • Candy Cane Day

Wear **RED & WHITE**

December 31st • Welcome 2025!

Wear **SPARKLES**

Physical Therapy Services

Mondays, Wednesdays, & Fridays
9 AM - 1 PM

DAVID CLAWSON, MPT

Physical Therapist

daveclawsonpt@gmail.com

(916) 955-4151

Specializes in Orthopedic & Stroke Care

Please contact **David** directly
for scheduling options.

Salon Services

Assisted Living Side, 2nd FLOOR

**Sunday, Tuesday, Wednesday,
& Saturdays**

7 AM - 4:30 PM

KAREN CHAPMAN

Hair Stylist

(916) 801-5789

Please contact **Karen** directly to schedule.



Is it the Flu, a Cold, RSV, or COVID-19?

In the U.S., flu season usually peaks between December and February. Several other respiratory viruses, including the common cold, RSV, and COVID-19, also spread during the winter months. These illnesses tend to have very similar symptoms, so it can be difficult to tell the difference between them based on symptoms alone.

The flu is caused by influenza viruses. Common symptoms of the flu include fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue. The common cold can be caused by a number of different viruses, often rhinoviruses. A cold is usually milder than the flu and is more likely to cause a runny or stuffy nose. RSV (respiratory syncytial virus) causes mild, cold-like symptoms such as a runny nose, a decrease in appetite, coughing, sneezing, fever, and wheezing. Older adults and adults with chronic heart or lung disease, weakened immune systems, or other underlying medical conditions are more likely to develop severe RSV. COVID-19 is caused by an infection with SARS-CoV-2. The flu and COVID-19 have very similar symptoms, but COVID-19 spreads more easily and symptoms tend to be more severe. It's more common to have a change in your sense of smell or taste with COVID-19 than with the flu.

Luckily, similar prevention measures can be taken to avoid all four of these illnesses:

- Wash your hands often with soap and water, and especially after touching “high contact” surfaces like door knobs and elevator call buttons. When washing, scrub your hands with soap for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth. Wash your hands before and after touching your face.
- Avoid close contact with people who are sick or experiencing cold-like symptoms.
- Cover your coughs and sneezes with a tissue or your upper shirt sleeve.
- Stay home if you are sick. Avoid eating in your community's dining room or participating in group activities until your symptoms subside.
- Wear a mask if you are feeling unwell but need to leave your apartment.

If you are experiencing any of the above symptoms, speak with your community's nurse or Director of Resident Services. Your physician can prescribe antiviral drugs to treat the flu and COVID-19. Most colds and RSV infections will go away on their own, but you can take over-the-counter medicines (such as pain relievers and fever reducers) to lessen symptoms. It is also important to get good rest and drink plenty of fluids.

For more information, visit the CDC's respiratory viruses website:
<https://www.cdc.gov/respiratory-viruses>.