

# Congress Park News

The Quarterly Newsletter for The Congress Park Neighborhood

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### Vision For Congress Park

Congress Park is a traditional city neighborhood with a small-town atmosphere. Here, people of diverse cultures, ages, colors and economic backgrounds share a sense of community, value older homes and mature trees, and enjoy the convenience of city living amid the stability of a thriving neighborhood.

— 1995 Neighborhood Plan

## Stop-Sign Saga Ends Happily

By Christine Bayles Kortsch

When neighbors band together, great things can happen! The 800 and 900 blocks of Garfield Street have a new 4-way stop sign at 9th and Garfield. Last Nov. 30, without notice, the City changed the stop sign at 9th and Garfield from the north-south direction to the east-west direction.

Commuters already use our narrow residential streets as quick shortcuts. With a new lack of any traffic-calming measures for multiple intersections (busy 8th Ave. all the way to 11th Ave. at Teller Elementary), traffic volume and speeding skyrocketed.

The stop sign change was meant to assist Garfield's designation as a bike route. Many of us commute daily on bikes or scooters, and we support cyclist access. However, removing traffic-calming measures and hoping cars won't speed is naive.

Also, as of 2022, Colorado law states that cyclists over age 15 may yield at stop signs then proceed under 10mph.

Through porch chats, group texts,

emails, calls, and an old-fashioned letter, neighbors came together to get our voices heard.

James D organized neighbors, and he notes that "the key was neighborhood participation and call volumes. We got virtually every resident on both blocks to email their council person, call 311, file tickets on Denver.gov, and otherwise get the city's attention."

He said, "Going door to door and talking with your neighbors is the key to success here."

We also contacted DOTI engineers and directors, as well as administrators at Teller Elementary, who offered great support.

On January 23, we celebrated our new intersection, complete with crosswalks.

As long-time residents Frank Scalise and Susan Bardwell commented, "Rather than feeling frustrated, it's empowering to come together and make small changes that benefit our neighborhood."

## CONGRESS PARK NEIGHBORHOOD VIRTUAL NEIGHBORHOOD MEETING

### WED. APRIL 17, 7 PM

Members: make sure to mark your calendar for the zoom meeting, and register in advance at

[www.CongressParkNeighbors.org](http://www.CongressParkNeighbors.org)

**Congress Park News** is a quarterly publication of Congress Park Neighbors, Inc. A network of volunteers produces and distributes it to a circulation of more than 4,500 residents and businesses within the area bounded by Colfax Avenue, Sixth Avenue, York Street and Colorado Boulevard.

Congress Park News  
P.O. Box 18571  
Denver, CO 80218

#### Editors

Wendy Moraskie  
CPN Board

#### Advertising Coordinator

Open Position! Is this you?

#### Layout Coordinator

Julianna O'Clair

#### Distribution

Contact Tom to Volunteer

Your articles, letters and advertisements are always welcome. Reach out to Wendy at [wendy.moraskie@congresspark-neighbors.org](mailto:wendy.moraskie@congresspark-neighbors.org)

For more immediate news, get the email blasts. Sign up at: [www.congresspark-neighbors.org](http://www.congresspark-neighbors.org)

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### CONGRESS PARK NEIGHBORS 2023 Volunteer Board Of Directors

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[president@congressparkneighbors.org](mailto:president@congressparkneighbors.org)

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[treasurer@congressparkneighbors.org](mailto:treasurer@congressparkneighbors.org)

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[tom.conis@congressparkneighbors.org](mailto:tom.conis@congressparkneighbors.org)

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#### Newsletter

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[wendy.moraskie@congresspark-neighbors.org](mailto:wendy.moraskie@congresspark-neighbors.org)

Need neighborhood info direct to you? Sign up for CPN's periodic email blast. Get BRT, construction updates and more (but not too much!) via email. Email [cpnboard@congressparkneighbors.org](mailto:cpnboard@congressparkneighbors.org) with "CPN blast" in the subject line, and include your name and contact info to get on the list. Your volunteer CPN board (thanks, Maggie!) also posts information on the website, [www.congressparkneighbors.org](http://www.congressparkneighbors.org)

### Neighborhood Organization Notes

We are grateful for these committed neighbors:

#### Congress Park Green Team

[sustainability@congressparkneighbors.org](mailto:sustainability@congressparkneighbors.org)

#### Crime Action

Steve Eppler  
[crime@congressparkneighbors.org](mailto:crime@congressparkneighbors.org)

#### Congress Park Historic Preservation

Myles Tangalin and Vicki Eppler

#### Denver Botanic Gardens Liaisons

Vicki Eppler, Charlotte Redden, and Myles Tangalin

Thank you to all the neighbors who help with communications, membership, & more. You make Congress Park a great place to live!

#### Suggestions for the Board?

Send us an email at:

[CPNBoard@congressparkneighbors.org](mailto:CPNBoard@congressparkneighbors.org)

Congress Park Neighbors holds bi-monthly meetings, currently via zoom, on the 3rd Wednesday of "even" months. Sign up on the [website](#).

Visit CPN businesses, make new friends and support your neighborhood newsletter. Call Wendy, 303-355-3735, for information.

## VOLUNTEER REQUEST:

Do you like talking to people and finding out more about them? Do you have great organizational skills and a few hours to spare four times a year? We need your help coordinating the ads in the newsletter!

If interested, reach out to  
Wendy Moraskie at:  
[wendy.moraskie@congressparkneighbors.org](mailto:wendy.moraskie@congressparkneighbors.org)

## CALM Calls For Action

### CPN Group Proposes Solutions to Traffic Woes

By John Sullivan

Several dozen people turned out on Feb 1 for the first meeting of Citizen Action for a Livable Metro (CALM) to discuss ways to tame 13th and 14th Avenues so that they function more like their original purpose as neighborhood streets, not one-way speedways for commuters.

Working with other safety-conscious groups, such as Denver's "Vision Zero", CALM proposes a variety of tools to slow traffic on 13th and 14th, including reducing speed limits to 25 mph, reducing the number of driving lanes from three to two, reverting the streets to two-ways, adding parking and/or bike lanes, and more. The goal is to ensure "Safe and Sane" streets for all users.

Discussion included the concerns about the effects of the planned "BRT", or Bus Rapid Transit proposal for Colfax and Colorado Blvd, which is expected to spill even more traffic into our neighborhoods as it eliminates half the existing driving lanes on Colfax.

CALM reiterated its firm support for investments in mass transit, but noted many questions remain about

the potential impacts the Colfax BRT, as currently designed, will have on adjacent neighborhoods. Residents have not received answers to many of the critical questions about increased traffic diverted into neighborhoods. In addition, the truncated schedule for starting construction is not allowing enough time for public comment.

Attendees at the meeting raised a number of better and less expensive ways to achieve these goals without negatively impacting the neighborhoods, as is currently projected. Allowing a pause in the BRT planning would make space to consider alternatives.

While everyone may not be able to attend every meeting, we are aware that limited time is remaining to find solutions. All Congress Park neighbors should take a minute now to make sure their voice is heard, through this survey link: <https://fp.mysocialpinpoint.com/Safety-Study>. And make sure you attend the bi-monthly neighborhood meetings (see page 2) to share your concerns.

For those able to participate in

person, or just wanting to stay informed, please sign up for email notifications at: <https://keepcalm.co>

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Broker Associate

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### CP Newsletter Delivery

We love our volunteers who deliver our newsletter. There's a block for you, too! Give it a whirl, it takes about 30 minutes every 3 months, and it's a great way to get in your steps.

#### Current Routes That Need YOU!!

- \* 1000, 1100, 1200, 1300, 1400 blocks of Elizabeth.
  - \* 1000, 1100, 1200, 1300, 1400 blocks of Josephine.
  - \* 1100 and 1200 blocks of Cook.
  - \* 700 and 800 blocks of Garfield.
- Each route is usually two blocks, but you may choose to do more.

Email [cpnnotify@congressparkneighbors.org](mailto:cpnnotify@congressparkneighbors.org) if you are up to the challenge. We thank all our current volunteers for their contribution to neighborhood awareness.

### Your Registered Neighborhood Organization

Congress Park Neighbors, Inc., has been our neighborhood's contact point with the city for more than 40 years. Operated as a non-profit and functioning solely with volunteers, members attend meetings, monitor city postings, receive city notices about zoning, construction, and licenses.

Your neighborhood organization shares notes, city contacts, and a wide range of information with the goal of fully informing residents so they may decide how to participate.

Please contact us and let us know how you want to get involved. You can help Congress Park continue to be the place that you want to live.



## Teller Tutors: You Can Support Teller Elementary Through Volunteering!

By Bridget Stroh

Public education is the foundation of democracy, and that means we can all share in supporting our local learners!

Teller Elementary School, located at 12th and Garfield, has been serving Congress Park's children for over 100 years. School supporters aren't just the faculty and staff, but also

parents and neighborhood volunteers.

The value our young students receive when having their education supplemented by community members is immeasurable. Many of our current school volunteers are long-time tutors who are retirees and neighbors with flexible work schedules.

Over the last decade, a literacy tutoring program has flourished at Teller, focused on ensuring kindergartners master letter names and sounds to create a foundation for lifelong literacy. This volunteer program supports the goal of ensuring every student at Teller is reading at or above grade level by third grade.

Inspired by this program's success, Teller has launched a math tutoring program for kindergartners as well, for which we are actively seeking volunteers.

Please consider volunteering for our literacy tutoring program by contacting me at [bridget.berninger@gmail.com](mailto:bridget.berninger@gmail.com) and we will give you all the tools you need to support our students! Please contact the PTA about other volunteer opportunities at Teller, including the math tutoring program, by contacting [membership@tellerpta.org](mailto:membership@tellerpta.org).

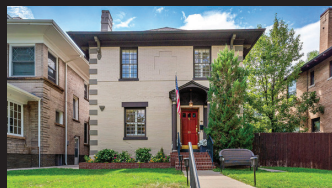
An annual background check is required for anyone who works with students in our school. If you're considering volunteering, please get a head start on the check through our Community ToolKit at <https://tellerpta.membershiptoolkit.com>.

**The Teller Pantry is a neighborhood resource.** Want to get involved? Wondering how you could help? Here's a [wish list](#) from the Pantry. For more information or to donate, please go to <https://backpackfriends.wordpress.com/> Instagram: @tellerbackpackfriends Facebook: Teller Backpack Friends

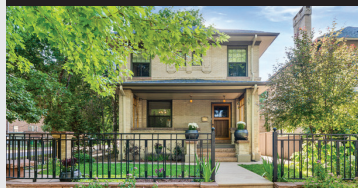
### SOLD IN 2023



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**2962 E 17th Ave**  
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**728 York St**  
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COMPASS



## Denver Nuggets Recognize Outstanding Teacher at Teller

Fractions, decimals and.... mountain lions in the classroom? On December 13, representatives from the Denver Nuggets came in to celebrate with a seventh-year teacher at Teller Elementary School, and his fifth-grade students.

Kevin Gray was nominated by members of the school community and received the "Most Valuable Teacher" for the month of December.

"We hereby present you with this award in recognition of your ongoing commitment to empowering students in our community."

The Nuggets sent in Kyle Speller, the Public Address Announcer for the Denver Nuggets, a few members of their cheer squad and of course, Rocky, to celebrate with Mr. Gray and his students.

"It was a beautiful celebration. I am humbled to be the recipient of such a special celebration when I am surrounded by an amazing group of educators at Teller Elementary School," said Gray.



### School Intersections Get a Refresh

Watch the intersections around Teller and you'll see bright new paint! The new markings help remind drivers to slow down and keep their eyes peeled for kiddos walking to school. Want to help? Email [president@tellerpta.org](mailto:president@tellerpta.org) to sign up.

### Save Longmont Dairy Caps for Teller

Longmont Dairy milk caps = donations to Teller! For every cap collected, Longmont Dairy donates a nickel back to the school. Rinse your caps and place the dry caps in a sealed bag. Bring your bags to the black collection can, just inside the school's front door, or to Cap Heights Pharmacy. Thank you!

### City Council Members

Christopher Hinds, District 10  
720-337-7710  
[district10@denvergov.org](mailto:district10@denvergov.org)

Serena Gonzalez-Gutierrez,  
At-large Council Member  
720-337-7712  
[G-Gutierrez.atlarge@denvergov.org](mailto:G-Gutierrez.atlarge@denvergov.org)

Sarah Parady, At-large Council  
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Phone: 720-337-7713  
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# BRT Study Critique Summary

By Judith Cohen, PhD, Economics

### Valuable Insights

This thoughtful analysis comes from our neighbor, Judith Cohen. She is a 30+ year resident of Congress Park and has a Doctorate in Economics. Her full assessment can be accessed [here](#).

The planned Bus Rapid Transit (BRT) on Colfax is raising unanswered questions. The Colfax BRT process started with a study that began to collect data in September, 2012. Published in August 2018, the “Colfax Corridor Connections Alternatives Analysis” might need to be revisited. A brief critique of that study notes potential significant impacts on adjacent neighborhoods.

1. Projections of BRT ridership are based on assumptions of continuing rapid population growth. However, according to the Denver Post, Denver’s population was 717,000 in 2020, and it fell to 712,000 in 2023. Commuter behaviors have also changed. BRT plans should be adjusted to reflect the new realities.

2. The project is said to support and value existing communities and neighborhoods, and enhance overall livability of the corridor. The plans to limit left turns into Congress Park to less than a third of the north-south streets, thereby increasing traffic and reducing livability on those streets, is one of several ways this goal will not be met.

3. Nothing in the BRT plans addresses environmental problems like disruptive or criminal behavior among some riders on the 15, or trash at the current bus stops.

In summary, a reading of the study which led the City and County of Denver to decide to put in a center-running BRT, leaves doubts about

the validity of the decision for today’s conditions.



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## Zonta Club of Denver Hosts Sixteenth Annual Day of Film

By Ann Charles

Over 140 hopeful girls and young women from across America come together for one very special event. It is a pageant with a twist: all the entrants for the annual Miss Amazing skills-based pageant have a physical or learning disability. The film follows 17-year-old Abigail Manery on her pageantry path. She and her companions on this journey learn self-advocacy and confidence, and gain acceptance and friendship.

This film is the Zonta Club of Denver's choice for its 2024 Annual Day of Film. This event is the Club's opportunity to share stories of women and girls meeting and overcoming challenges, and to raise funds to help at-risk women and girls in Denver do the same.

This spring, the 16th Annual Day of Film will be held on April 6 at the Doubletree Hotel at 3203 Quebec St., Denver 80207. Doors open at 8:30 a.m. for the champagne brunch and silent auction.

We hope you will join us! Tickets for the film, champagne brunch and silent auction are \$55 through March 22, then \$60. 100% of profits return to the community as a grant to improve the skills and opportunities for Denver's at-risk women and girls. For information about buying tickets, visit [www.ZontaDenver.org](http://www.ZontaDenver.org).

Over the club's 97-year history, ZCD has granted more than \$2.5million and thousands of hands-on service hours, to projects in Denver that help disadvantaged women gain self-sufficiency following domestic violence, drug addiction, incarceration, and other adversities.

Since 1927, the Zonta Club of Denver has been affiliated with Zonta International, and united with more than 30,000 executives and professional leaders in over 1,100 clubs in 63 countries to enrich the quality of life for women and children worldwide. ZI partners with the UN on projects that strive to end childhood marriages, educate to prevent gender violence, eradicate AIDS, and more. ZI also gives scholarships to young women studying aerospace, business, and public affairs.

### Zonta 2024 Day of Film

April 6, 8:30 a.m. – noon

DoubleTree Hotel

3203 Quebec St., Denver 80207





Here's a link to the [Climate Action office's annual report](https://denvergov.org/climate-action-office/annual-report), at [denvergov.org](https://denvergov.org)

### How Else Can We Help to Reduce Waste?

Have you planned or participated in events where there was food left over? Did the planner/caterer know where to donate the food? Did they say it had to be trashed because they were afraid to be sued?

Everyone in food service and related businesses and organizations should know about the Bill Emerson Good Samaritan Act (United States Pub. L. No 104-210, 110 Stat. 3011(1996)). Donors of raw and prepared foods are protected from liability as long as safe food handling procedures are followed.

Check with your favorite charitable local feeding organization, or ask Metro Caring, Food Bank of the Rockies, We Don't Waste, Denver Food Rescue, or see the Food Donations Guidelines page at [Denver Gov.org](https://denvergov.org)

## Easy Responses to Climate Change

By Denver's Office of Climate Action, Sustainability & Resiliency

### Electrify Heating and Cooling

If it's time to upgrade your HVAC system, consider an electric heat pump. These systems are more efficient and quieter than traditional systems.

Make a Plan to Electrify Your Home

1. Get an energy audit.
2. Consider adding insulation or air sealing.
3. Research and choose the equipment you want to install.
4. Get quotes from contractors and pick your installer.
5. Look at financing options, including the Colorado Clean Energy Fund.
6. Schedule your installation!

Your contractor is responsible for submitting paperwork about the rebate on your behalf.

Go to [denvergov.org](https://denvergov.org) and search "Home Energy Rebates"

### Explore New Job Opportunities

The demand for solar and other sustainability jobs is on the rise. If you're looking for a new career, consider exploring opportunities in the green sector. Since 2022, 961 people have enrolled in programs paid for by the Climate Protection Fund.

Bonus: Are you a nonprofit, training provider, community college or technical college in Denver? You can receive up to \$50,000 from the city to enhance your green workforce training programs!

### Five Easy Ways to Reduce Waste This Year

1. Bring a reusable bag to the store and save ten cents. Plus, you'll

start forming the habit ahead of stores getting rid of their plastic bag inventory this year.

2. Support a local zero waste retailer. These retailers can help you find home and personal care products with little or no waste.

3. Give old items a new life.

Consider refurbishing furniture, holding a yard sale, selling items online, organizing a swap meet, or donating items to local charities.

4. When grocery shopping, buy produce loose to avoid extra plastic produce bags. Prioritize purchasing goods in easily recyclable materials like glass and metal cans.

5. Take a few minutes to reduce the amount of junk mail you receive.

Bonus: Help us connect your favorite café, deli, ice cream shop or bakery to apply for Reuse Denver Incentives. Retail food establishments can get support and up to \$600 worth of reusable food service ware such as plates, bowls, cups or cutlery for on-site dining.

[Editor: This is a summary of the article. For the full article, please see [www.congressparkneighbors.org](https://www.congressparkneighbors.org).]



# Gardening in Clay? You're Not Alone

*Steppe Communities: Plants & People*

By Lee Lee

If there is one thing I hear most from gardeners in Denver, it is frustration at the conditions presented by our Steppe ecology. Heavy, clay-based soils dominate this former lakebed at the base of the Rocky Mountains.

Late season heavy snow, arid summer heat, hail and early freezes challenge plants, especially ones that have arrived from elsewhere. My plant journey started as a child at an even higher elevation of 9,000 feet, where my father, Peter Leonard, demonstrated the mastery of moving water across the large meadows of the Lazy Shamrock Ranch in the Blue River Valley near Kremmling. He built a greenhouse to mitigate the very short growing season and we kept a small garden where we never had to worry about the lettuce bolting. It also instilled a sense of ease when I started cultivating urban gardens at a lower elevation here in Denver.

Fortunately, we have several robust gardening communities who offer guidance and resources on how to best cultivate our unique area.

The Front Range Organic Gardeners (FROG: [www.gardenfrog.org](http://www.gardenfrog.org)) has championed an organic approach to gardening since 1986. Why choose organic? We are in the midst of an insect-apocalypse, which includes the pollinators that are essential to the functioning of gardens. Reducing our chemical footprint allows space for beneficial insects to thrive.

Sometimes it is hard to tell which plants from big-box stores have been 'neo-nicked', or treated with bio-cides as part of the plant structure. These plants are VERY dangerous

for pollinators. Local plant sales hosted by DUG and FROG are a wonderful way to source garden-safe plants that have adapted to high country conditions.

Another good direction is to plant native! Native plants thrive in our specific ecology. Once established, they are so easy to grow that we often need to start sharing them after they have proliferated in our yards.

The Front Range Chapter of Wild Ones ([fronrange.wildones.org](http://fronrange.wildones.org)) and the Colorado Native Plant Society ([www.conps.org](http://www.conps.org)) tend to be flush with native seeds and plants in their annual plant exchanges, which are free to participate. Bring saved seeds from native plants, or seedlings that have emerged in unwanted places to exchange and diversify your collection.

New to natives? Bring your questions and gather seeds to try out in your garden. Both organizations provide ways to engage with plants through hands on workshops and restoration sessions that are led by passionate individuals who carry deep knowledge about our local ecology.

Feeling neighborly? Plant exchanges with neighbors is a great way to get to know each other and reinforce the community that has made Congress Park into one of Denver's best neighborhoods.

## More Gardening Resources

*Denver Botanic Gardens: lectures and workshops in their demonstration gardens, plant sales*

*Denver Urban Gardens: community gardens, online resources, workshops, garden kits, plant sales*

*The Colorado Department of Agriculture provides a list of invasive species at: <https://ag.colorado.gov/conservation/noxious-weeds/species-id>*

*Lee Lee was born and raised in central Denver and maintains a creative practice at the intersection of visual art and ecology: [www.virtualvoices.org](http://www.virtualvoices.org)*



## **PUBLIC SAFETY AND EMERGENCY SERVICES CONTACT INFORMATION:**

Always dial 911 in an emergency.

For serious concerns that are not immediate dangers, call DPD's non-emergency line at 720-913-2000, or dial 311 and choose option 9.

Congress Park is in Denver Police District 2, Precinct 213.

**Denver Police  
District 2:**  
3921 N. Holly Street  
Denver, CO 80207  
2.Dist@denvergov.org  
(720) 913-1000  
TDD: 720-913-1149

**Denver Police  
Congress Park  
Community  
Resource Officer:**  
Hana Ruiz  
(720) 913-1089  
Hana.Ruiz@denvergov.org

**Denver Fire  
Department**  
In an emergency  
call 911  
Station FS-15  
is located in  
Congress Park at  
1375 N Harrison  
St.

## **Resolution for Safety in 2024**

By Meghan Patrick, DPD Community Engagement Program Manager

While you're making 2024 resolutions and goals, be sure to add these to your list. Here are four quick & easy safety goals for 2024.

Register your vehicle with DenverTrack. This will preauthorize Denver Police access to the manufacturer's GPS service in the unfortunate event that your vehicle is stolen. Stickers may be picked up at the District 2 station after registration.

Pick up a FREE steering wheel club at our District 2 station if you own one of the top 10 stolen vehicles (see page 12).

Sign up for Reverse Emergency Notifications at the DPD website. You'll receive alerts via voice call, text, or email when there is an emergency in your neighborhood.

Plan ahead for Emergencies! Create a safety profile through Smart911 and receive faster help in emergency situations. Important information might include names of family members/children at your residence and number and types of pets in your home.



Photo by: Mari Koning



**CLASSIC  
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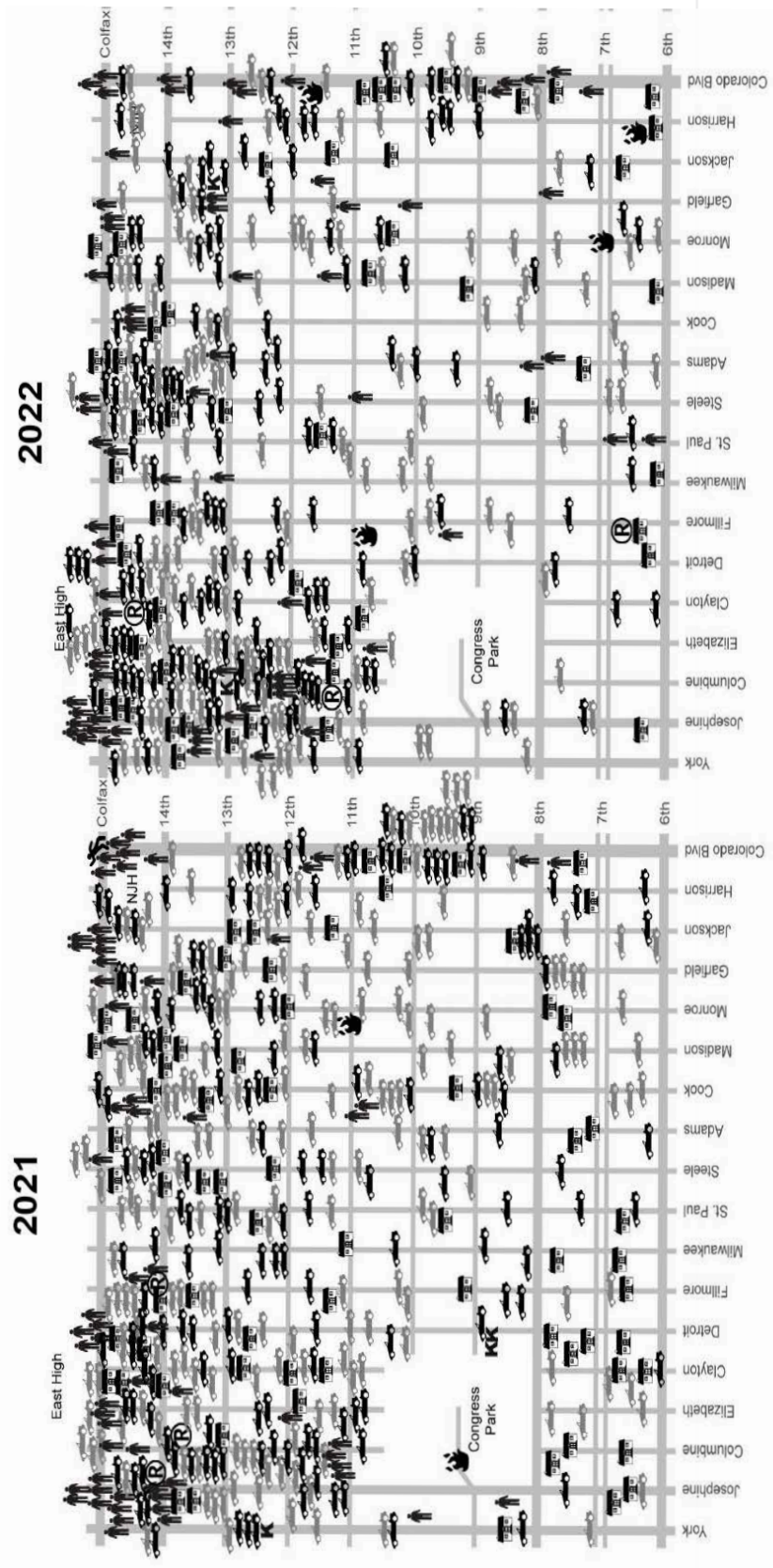
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CONGRESS PARK NEIGHBORHOOD CRIMES



- Murder
- Sexual Assault
- Assault/Robbery
- Kidnapping
- Burglary
- Auto theft
- Theft from auto
- Arson

The maps above show a compilation of all serious crimes reported to police within the Congress Park Neighborhood for the past three years. Crime mapping provided by the Congress Park Crime Action Committee from statistics relayed through the City and Police Department.

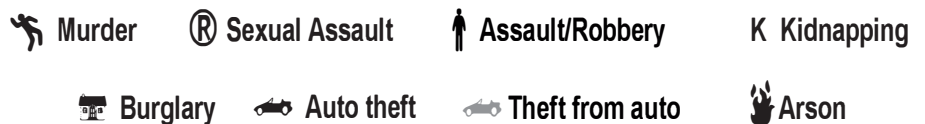
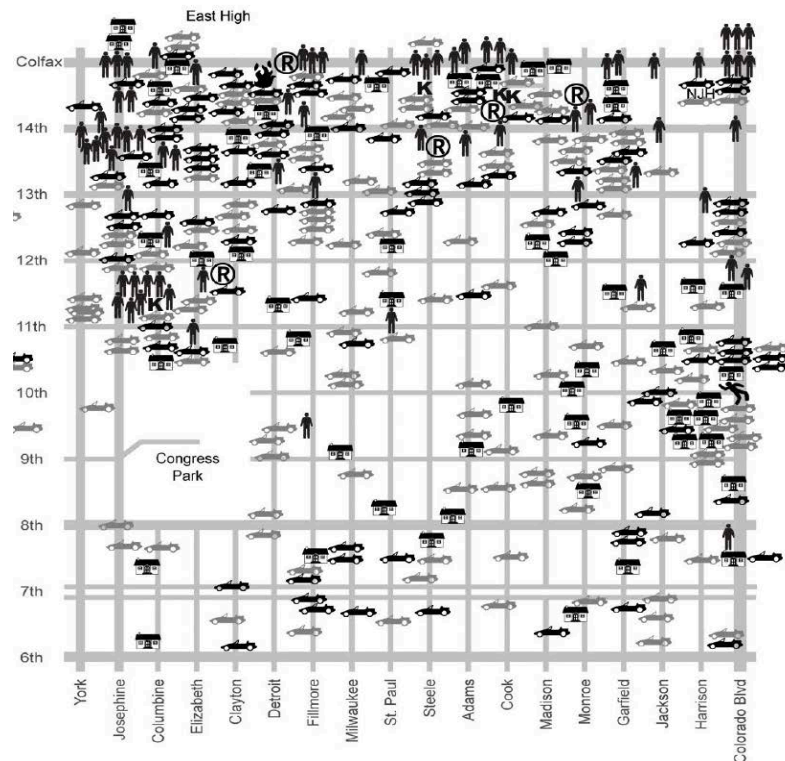
Please observe and compare the annual Congress Park Neighborhood crime maps, in order that you may develop crime prevention strategy on your block.

**Top 10 makes and models of vehicles stolen in Colorado in 2023, according to Colorado Metropolitan Auto Theft Task Force (CMATT):**

1. Hyundai Elantra (1,324)
2. Chevrolet Silverado (1,281)
3. Hyundai Sonata (1,035)
4. Ford F-150 (1,013)
5. Kia Sportage (974)
6. Ford F-250 (808)
7. Kia Optima (783)
8. Hyundai Tucson (750)
9. Honda Civic (685)
10. Kia Soul (648)

## CONGRESS PARK NEIGHBORHOOD CRIMES

2023



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Please observe and compare the annual Congress Park Neighborhood crime maps, in order that you may develop crime prevention strategy on your block.

# What Have I Got?

By Paul and Monica at the Daily Apple Clinic

We may be mostly out of the flu and cold season, but people are still sharing germs, so let's talk about the typical symptoms we see in patients with COVID-19, respiratory syncytial virus (RSV), influenza ('the flu'), the common cold, and allergies. While symptoms alone will not definitively identify the virus you may or may not have, they can certainly help point toward a diagnosis. You may remember the term "triple-demic" from a couple of years ago, which referred to a combination of COVID-19, flu, and RSV at higher levels in the population. When infections occur together, they typically make you feel worse and/or for longer, and it's important to have a sense of what you may have contracted in order to target treatment, heal quicker, and protect others when you are contagious. We've created a comparison chart for your reference.

What to do: it is important to reduce your risk by sticking to the following good habits:

- maintain physical distance from persons with symptoms,
- wear masks if you are ill or there is a higher likelihood of you being in contact with persons who are,
- wash your hands often with soap and water or use sanitizer with at least 60% alcohol,
- avoid crowded, indoor spaces or areas with limited ventilation,
- cough or sneeze into a tissue or the inside of your elbow,
- avoid touching your eyes, nose and mouth,
- avoid sharing common household items with sick individuals,
- keep high-touch surfaces clean

with disinfectant, and stay home in isolation if you are sick, unless you are seeking medical care.

We hope you find this information useful and something that will both alleviate your concerns and give you the tools you need to decide if you need to see a qualified health professional.

From: Daily Apple Clinic,  
[www.dailyappleclinic.com](http://www.dailyappleclinic.com)

For the rest of this article on the germs among us, click [here](#).

Symptom: P= usually; ~ = sometimes; X = rarely

	COVID	Flu	RSV	Common cold	Allergies
Headache	P	P	~	x	X
Cough	P	P	P	P	~
Muscle aches	P	P	~	~	X
Tiredness	P	P	~	~	~
Sneezing	X		~	P	P
Sore throat	P	P	~	P	X
Runny or stuffy nose	P	P	P	P	P
Fever	P	P	~	~	X
Diarrhea	~	~ (kids)	X	X	X
Nausea/vomiting	~	~ (kids)	X	X	X
New loss of taste/smell	P	X	~	~	~
Itchy, nose, eyes, mouth, ear	X	X	~	~	P
Pink eye (conjunctivitis)	~	X	X	X	~
Shortness of breath	P	X	P	~	~



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