



Common Illnesses and Injuries During Winter

Coronavirus (COVID-19)

Coronavirus disease (COVID-19) was first identified in late 2019. It is an illness caused by a coronavirus. COVID-19 was declared a global pandemic by the World Health Organization in March 2020. Symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold.

To learn more about coronavirus disease (COVID-19), including how to reduce your risk of infection and what to do if you think you have coronavirus disease, and to access coronavirus disease-related resources, see our [Coronavirus disease \(COVID-19\)](#) health feature. For additional information on coronavirus disease, visit [BC Centre for Disease Control - COVID-19](#).

Depression, Anxiety and Stress

The holidays can be a stressful time for many people. The shorter, colder days may cause some of us to experience seasonal affective disorder (SAD). Learn more about depression, anxiety and stress:

- [Anxiety](#)
- [Depression and the Holidays](#)
- [Mental Health](#)
- [Quick Tips: Reducing Holiday Stress](#)
- [Seasonal Affective Disorder \(SAD\)](#)
- [Stress Management](#)

Falls and Injuries

The snow and ice can create hazards that make walking, playing and working outside a little trickier than in the warmer months. Shoveling snow and doing winter activities, such as snowboarding and skating, can increase the risk of falling and hurting yourself. Learn more about how to prevent falls and injuries:

- [Back Problems and Injuries](#)
- [Finger, Hand and Wrist Injuries](#)
- [Preventing Falls in Older Adults](#)
- [Seniors' Falls Can Be Prevented](#)
- [Toe, Foot and Ankle Injuries](#)

Influenza (Flu) Season

Influenza is an infection of the upper airway caused by an influenza virus. Every year there is a time where there are more outbreaks of influenza. This is called influenza season. For more information about influenza, influenza vaccine and influenza season, visit our [Influenza \(Flu\) Season](#) health feature.

Use the [Influenza Clinic Finder](#) to find an influenza clinic in B.C.

Other Common Illnesses during Winter

In addition to colds and flu, some conditions and illnesses are more common or are worse during the winter months. Learn more about some of these common conditions:

- [Asthma](#)
- [Atopic Dermatitis \(Eczema\)](#)
- [Bronchiolitis](#)
- [Colds](#)
- [Ear Infections](#)
- [Gastroenteritis in Adults and Older Children](#)
- [Norovirus \(HealthLinkBC File #87\)](#)
- [Osteoarthritis](#)
- [Pneumonia](#)
- [Respiratory Syncytial Virus \(RSV\) Infection](#)
- [Rheumatoid Arthritis](#)
- [Roseola](#)
- [Rotavirus](#)
- [Sore Throat and Other Throat Problems](#)