

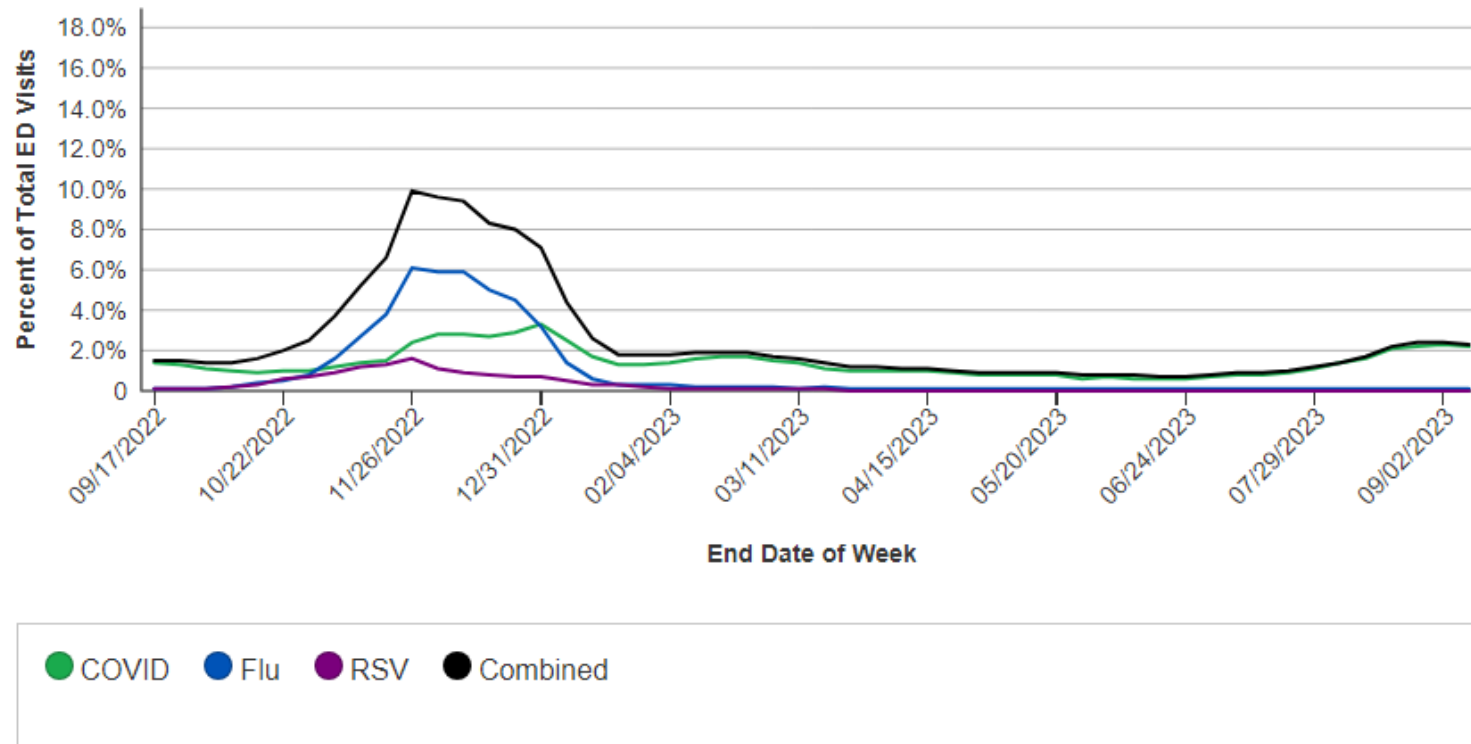
Respiratory Viruses

IT IS THE SEASON ...



“Flu Season”

It is common to get sick from respiratory viruses especially in the fall and winter.



Who is at Risk?

- Infants and Children under 5
- Older Adults
- Immunocompromised Individuals
- Pregnant Women
- People with Disabilities
- People with Underlying Conditions



Modes of Transmission

All respiratory viruses can spread by:

- An infected person spreads the virus through coughs or sneezes and even through laughing, singing or speaking loudly.
 - You get virus droplets from a cough or sneeze in your eyes, nose, or mouth
- Respiratory virus can remain in the air even if the infected person has left the room
- You have direct contact with the virus, through touching or kissing an infected person
- You touch a surface that has the virus on it, like a doorknob, and then touch your face before washing your hands



Common Symptoms



Fever or chills

Cough

Sore throat

Runny or stuffy nose

Muscle or body aches

Headaches

Fatigue

Some people may have vomiting and diarrhea

Influenza



Runny nose

Decrease in appetite

Cough

Sneezing

Fever

Wheezing

RSV



Fever or chills

Cough

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Headache

New loss of taste or smell

Sore throat

Congestion or runny nose

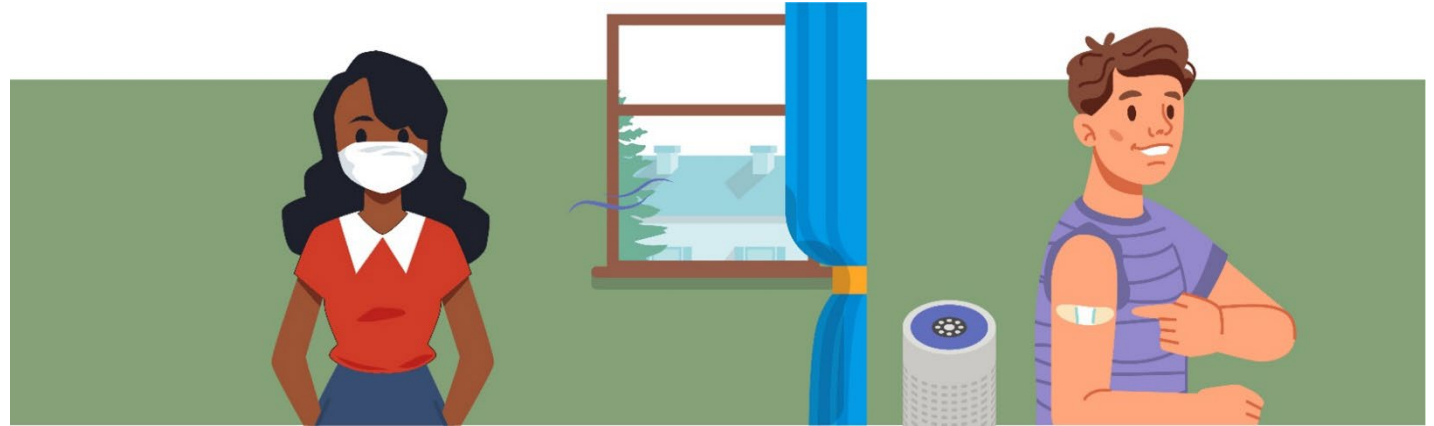
Nausea or vomiting & Diarrhea

COVID 19



Prevention

- Frequent handwashing
- Wearing a mask in public indoor spaces
- Improving air quality and ventilation
- Staying home when sick and keeping away from others
- Testing for the virus if you have symptoms
- Vaccination or boosters



Vaccines & Treatment



- Flu season (Nov – Apr)
- Vaccine for children 6 m and older
- Flu vaccine no later than October
- Antivirals reduce symptoms

Influenza



- Late October
- Passive IG shot for Infants <8m
- Vaccine for >60
- Vaccine for and pregnant women between 32 and 36 weeks
- Supportive care – no treatment

RSV



- Vaccine no later than October
- Vaccine and boosters for 6 months and older
- New vaccine targeting new variant
- Antiviral treatment and supportive care

COVID 19



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

FOR MORE INFORMATION

