ABOUT RESPIRATORY ILLNESS

SYMPTOMS

Fever

Cough

Sore Throat

Runny Nose

Shortness of Breath

Muscle Aches

Fatigue

Vomiting / Diarrhea

Abdominal Pain

WHAT TO DO IF YOU HAVE SYMPTOMS

Stay home until you are fever-free (without using fever-reducing medication) **AND** your symptoms have been improving for 24 hours (48 hours for vomiting/diarrhea).

If you have symptoms of a respiratory illness **DON'T VISIT** those at high risk of severe illness including those that live in long-term care, retirement homes or in hospital.

If you have symptoms and can't stay home, wear a mask. Wearing a mask when you have symptoms, and when you are recovering, helps to protect others and prevent the spread of illness.

REDUCE THE SPREAD

Wash your hands often and avoid touching your eyes, nose or mouth with unwashed hands.

Cover your mouth and nose when you cough or sneeze.

Wear a mask:

- To protect yourself from viral respiratory illnesses.
- To protect others at higher risk of severe respiratory illness.
- When you're recovering from illness.

Get your updated COVID-19 and annual flu vaccines.

Disinfect high-touch surfaces in your home and workplace.

TYPES

COVID-19 can cause mild cold-like symptoms to severe lung infections. Older adults and people who are immuno-compromised are at highest risk of severe disease and complications.

Influenza (flu) generally occurs in the fall and winter months. Young children (under 5) and older adults are at higher risk of severe disease and complications.

Respiratory syncytial virus (RSV) infects the lungs and airways. Infants, young children and older adults are more likely to have severe infections.

Coughs and colds (cold viruses) are more common during the fall and winter months and result from different viruses that infect the nose and throat. For most people, symptoms are mild and usually resolve on their own.

People at **higher risk** of severe illness or complications from COVID-19 and the flu include:

- Older adults, pregnant persons, and people who have chronic medical conditions or are immunocompromised.
- Young children (under 5) are at higher risk of complications from the flu.

TREATMENT

Most respiratory illnesses can be treated at home. Learn more at: OttawaPublicHealth.ca/RespVirus

If you are at higher risk of severe outcomes from COVID-19, treatment is available and must be taken within a few days of symptoms starting. Learn more at: Ontario.ca/Antivirals.

WHEN TO GO TO THE EMERGENCY DEPARTMENT

If you or your child are in distress (significant trouble breathing, chest pain, fainting, difficulty to rouse, confusion or have significant worsening of any chronic disease symptoms), go to the nearest Emergency Department or call 9-1-1.

MORE INFO

OttawaPublicHealth.ca/RespVirus

If you have questions about your health (or your child's), call your primary care provider or Health Connect Ontario at 8-1-1.

Ottawa Public Health / Santé publique

Southeast Public Health

Renfrew County and District Health Unit
"Optimal Health for All in Renfrew County and District"

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