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).

Avoid non-essential mask-less activities for 10 days from when your symptoms started. If you can't stay home, wear a well-fitting mask.

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.

Reduce the spread

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

Keep your vaccinations up to date including getting your annual flu vaccine and any COVID-19 boosters/doses you are eligible for.

Cover your mouth and nose when you cough or sneeze.

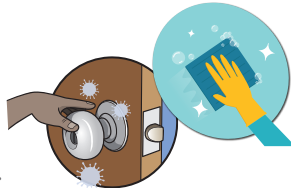Disinfect high-touch surfaces in your home and workplace.

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.

Types

COVID-19 can cause mild cold-like symptoms to severe lung infections. Anti-viral treatment is available for those 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.

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

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:
- People who are 65 years and older, pregnant, 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: **kflaph.ca/RespTreatment**

Treatment for COVID-19 is available and must be taken within five 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

kflaph.ca/RespInfections

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

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

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