

Respiratory Virus Outbreak Information Sheet

Respiratory Infections

Respiratory infections can be very easy to spread from person to person by respiratory droplets (e.g., droplets released through coughs) and by contact with unclean surfaces. Respiratory infections can be spread in settings where people are in close contact, such as hospitals and personal care homes.

Symptoms:

- A person can spread an infection for a number of days before they show symptoms. People can carry and spread germs many days after illness.
- Children, young people and the elderly are most at risk of harm from a respiratory illness.
- Symptoms include rapid onset of:
 - Fever
 - Cough
 - Sore throat
 - Difficulty breathing
 - Muscle pain
 - Joint pain
 - Weakness

Visiting

Do not visit this healthcare facility's unit if you have any of the respiratory symptoms listed above.

When visiting a facility, reduce the risk of infection to yourself and others by:

- Clean your hands with liquid soap and water or alcohol-based hand rub (ABHR)
 - Upon entering the facility
 - Before you enter your family member's/friend's room
 - After you exit your family member's/friend's room
 - When you are ready to exit the facility
- Wear a face mask as instructed by health care staff
- Limit physical contact
- Keep visits short
- Visit only one person each visit

Protect Yourself

Get the flu shot yearly! It is the best way to protect against seasonal influenza. Immunization also protects you and helps protect others, as a person can carry influenza without having symptoms. Call your local public health office, pharmacy, or healthcare provider for an appointment. Health Links-Info Santé also provides information on the seasonal influenza vaccine.