

Respiratory Illness FACTS

WHAT ARE RESPIRATORY ILLNESSES?

In Ontario, during the fall and winter there is more spread of respiratory viruses like influenza and respiratory syncytial virus (RSV), and continued spread of COVID-19

- Respiratory viruses affect the airways and lungs
- Respiratory viruses spread easily from person to person
- Most people have mild symptoms that get better in a few days but some people get very sick

Treatment

- Antiviral treatment for COVID-19 and influenza is recommended for those at high risk of severe illness (elders, babies, young children, pregnant people, immunocompromised people, etc.)
- Babies and young children with serious lung or heart disease or who were born premature may be eligible for preventative RSV treatment

PROTECT YOURSELF, YOUR FAMILY & COMMUNITY

- Watch for signs of illness and stay home if you are sick
- Wear a well-fitted medical mask or KN95 in crowded indoor settings
- Wash your hands often with soap and water or alcohol-based hand rub
- Keep high touch surfaces clean (door handles, light switches, phones, etc.)
- Avoid visiting to those who are sick
- Make sure you and your family are up to date with immunizations

Immunization

- Immunization is your best protection against respiratory illnesses
- All Ontarians, over 6 months of age should get their flu shot and COVID-19 booster
- RSV vaccine may available to those living in long-term care, elder care lodges, and retirement homes later in the respiratory illness season

COMPARING COVID-19, FLU & RSV

SYMPTOMS	COVID-19	INFLUENZA	RSV
Fever or Chills	✓	✓	✓
Cough	✓	✓	✓
Trouble Breathing	✓	✓	✓
Runny or Stuffy Nose	✓	✓	✓
Feeling Tired or Weak	✓	✓	✓
Sore Throat	✓	✓	✓
Muscle Aches	✓	✓	
Headache	✓	✓	✓
Nausea, Vomiting or Diarrhea	✓	✓	
Loss of Taste or Smell	✓		

FOR MORE INFORMATION PLEASE CONTACT YOUR HEALTH CARE PROVIDER