

Respiratory Illnesses - Protect Yourself and Others

Respiratory illnesses like COVID-19, flu and RSV (respiratory syncytial virus) can cause similar symptoms. It can be hard to know what you may have based on just symptoms alone.

Common symptoms may include:



Fever / chills



Shortness of
breath



Headache



Cough



Runny nose /
nasal congestion



Extreme weakness
and tiredness



Sore throat



Muscle aches



Nausea, vomiting
or diarrhea

What to do if you have symptoms

Stay home until:



You do not have a fever, without the use of fever reducing medication; and



Your symptoms have been improving for at least 24 hours
(or 48 hours if you had nausea, vomiting and/or diarrhea); and







You do not develop any additional symptoms

Contact your health care provider if you have symptoms and are at higher risk of severe illness. People at higher risk may benefit from available treatments. A health care provider will let you know if prescribed treatment is right for you.



It is recommended to take the following actions for extra protection against the spread of respiratory illness. For 10 days after your symptoms first started:

-  Wear a mask when out in public
-  Avoid activities where you need to take off your mask (such as dining out)
-  Avoid non-essential visits to people in highest risk settings (such as in hospitals, long-term care homes and retirement homes). If the visit cannot be avoided, let the setting know of your recent illness.
-  Avoid non-essential visits to individuals who may be at higher risk of severe illness (such as immunocompromised individuals and older adults)

Stop the spread of germs

Use layers of protection to help lower your risk of getting and spreading infection.



Stay up-to-date with your vaccinations, especially if you are travelling



Cover your coughs or sneezes with a tissue or into your upper sleeve



Stay home if you are sick



Regularly clean and disinfect high-touch surfaces



Consider wearing a mask (for example, based on the setting you are in, your personal risk factors or comfort level)



Improve indoor ventilation



Keep your hands clean. Use soap and water or alcohol-based hand sanitizer.