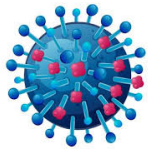
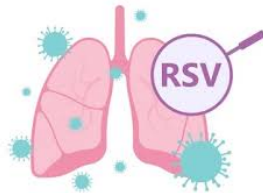


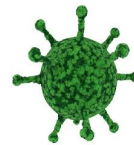
# Common Respiratory Viral Infections



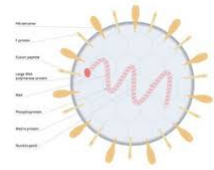
Influenza



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Rhinovirus

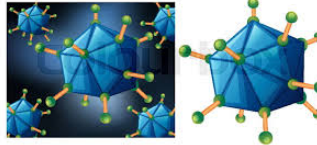


Human parainfluenza virus

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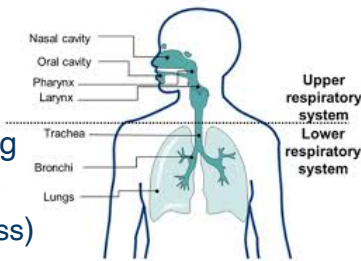


Adenovirus



## Symptoms

- ❖ Fever
- ❖ Chills
- ❖ Cough
- ❖ Vomiting
- ❖ Fatigue (tiredness)
- ❖ Sore throat
- ❖ Weakness
- ❖ Runny or stuffy nose
- ❖ Decrease in appetite
- ❖ New loss of taste or smell
- ❖ Headache, muscle or body aches
- ❖ Diarrhea



## Prevention

- ❖ **Immunizations**  
Available for all three major fall and winter respiratory diseases – flu, COVID-19, and RSV (for groups eligible for RSV immunization).
- ❖ **Washing hands** and **improving airflow** in the places where people live and work are important to lowering risk from respiratory viruses.
- ❖ **Everyday actions** like **masking** and **physical distancing** can provide an additional layer of protection.

## When To Seek IMMEDIATE EMERGENCY Medical Care

- |                     |                        |
|---------------------|------------------------|
| ★ Trouble Breathing | ★ Seizures             |
| ★ Chest Pain        | ★ Stiff Neck           |
| ★ Fever OVER 104 F  | ★ Rash                 |
| ★ Confusion         | ★ Very Rapid Heartbeat |



STUDENT HEALTH CENTRE



*This list is not all inclusive, please consult your medical provider for any other symptom that is severe or concerning.*