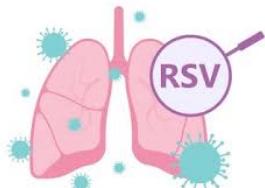


Common Respiratory Viral Infections



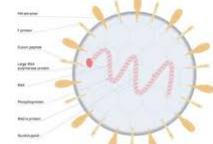
Influenza



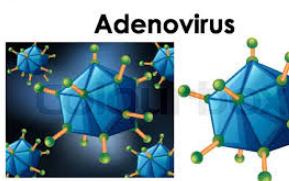
shutterstock.com - 2129740886



Rhinovirus



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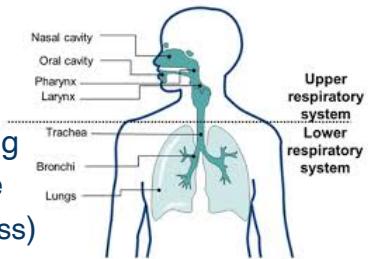


Adenovirus



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
- ★ Chest Pain
- ★ Fever OVER 104 F
- ★ Confusion



- ★ Seizures
- ★ Stiff Neck
- ★ Rash
- ★ Very Rapid Heartbeat



STUDENT HEALTH CENTRE

