

Respiratory Illness Facts

Respiratory illnesses spread more during the fall & winter

During the fall and winter, there is more spread of respiratory viruses like influenza and respiratory syncytial virus (RSV), as well as 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.)
- All babies and young children with serious lung or heart disease are eligible for preventative RSV treatment

Protect yourself, your family & your 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 Ontario residents 6 months and older are eligible to receive flu and COVID-19 vaccine
- RSV vaccine may be available to individuals who are at increased risk of serious illness; speak to a health care provider about eligibility

Comparing COVID-19, influenza & 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