



PREVENT THE SPREAD OF RESPIRATORY ILLNESSES!

As the weather cools and we start spending more time indoors, the number of people affected by respiratory illnesses like the common cold, the flu, respiratory syncytial virus (RSV), and COVID-19 increases.

You can help prevent the spread with simple actions.

TIPS TO DECREASE YOUR CHANCES OF GETTING SICK:



- Wash your hands frequently with soap and water. Use hand sanitizer if you don't have soap and water.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wear a mask and avoid non-essential activities where you need to take off your mask.
- Disinfect commonly touched areas, like door handles and counters.
- Stay up to date on your immunizations, including the flu shot and COVID-19 vaccine (both available to people 6 months of age and older).
- For more information on receiving a flu or COVID-19 vaccine in your region, visit:
 - **Leeds, Grenville & Lanark Region:** <https://healthunit.org/health-information/immunization/>
 - **SDG, P-R, and the City of Cornwall:** <https://eohu.ca/en/my-health/flu-season-is-near-now-s-the-time-to-get-your-flu-shot> for information about the flu vaccine and <https://eohu.ca/en/covid/list-of-upcoming-covid-19-vaccination-clinics> for information about the COVID-19 vaccine

TIPS TO PREVENT SPREADING ILLNESSES TO OTHERS:



- Cover your mouth with your sleeve or elbow when you cough or sneeze, not your hands.
- If you must go out while you're sick, wear a mask and avoid non-essential activities where you need to take off your mask. Continue this for 10 days after symptom onset.
- When sick, don't spend time with individuals who are at higher risk of severe illness, such as children under 5, older adults (over 60), and anyone with underlying medical conditions or who is immunocompromised.

RESPIRATORY ILLNESS TREATMENT:



- In most cases, respiratory illnesses can be treated at home using over the counter medications.
- If your symptoms persist and you are concerned, or to inquire about your eligibility for Paxlovid antivirals, contact your healthcare provider or call 811 to speak to a registered nurse 24/7.
- If symptoms worsen and you start experiencing the following symptoms, call 911 or visit an emergency room immediately:
 - Shortness of breath
 - Chest pain
 - Loss of consciousness
 - Confusion
- If children start experiencing the following symptoms, call 911 or take them to an emergency room immediately:
 - Working hard to breathe
 - Bluish skin
 - Unable to breastfeed or drink
 - Very sleepy or difficult to wake
 - Peeing less than usual
 - Fever with rash
 - Seizures or convulsions
 - Fever in an infant younger than 3 months



FOR MORE INFORMATION, VISIT:



[EOHU.ca/Respiratory](https://eohu.ca/Respiratory)

1 800 267-7120



healthunit.org/health-information/covid-19

1-800-660-5853

If you require this information in an alternate format, please call 1 800 267-7120 and press 0.