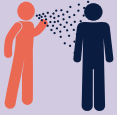




















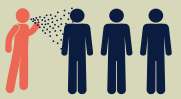




# Respiratory Infections – What you should know and do

	COVID-19	INFLUENZA (FLU)	COLD	RESPIRATORY SYNCYTIAL VIRUS (RSV) INFECTION	MEASLES
<b>What are the symptoms (which can vary from person to person)?</b>	Fever Cough Sore throat Runny nose Fatigue Difficulty breathing Headache Stomach ache Vomiting Diarrhea Muscle pain Difficulty smelling or tasting	Fever with chills Cough Sore throat Runny nose Fatigue Difficulty breathing Headache Stomach ache Vomiting Muscle and joint pain	Runny nose Watery eyes Coughing or sneezing Sore throat Headache	Runny nose Watery eyes Cough Sore throat Headache Fever Difficulty breathing	Fever Cough Runny nose Red, watery eyes Eyes sensitive to light Rash on the body Small white spots in the mouth
<b>How does the virus spread?</b>					
Through small droplets from the mouth or nose					
Virus travels in the air	+ 2 metres (6 feet) 	+ 2 metres (6 feet) 			+ 2 metres (6 feet) 
By touching a person who is sick					
By touching a contaminated object					
<b>Is it very contagious?</b>					
<b>Is there a vaccine?</b>	 Yes. Recommended under certain conditions.*	Yes. Recommended under certain conditions.*	No.	Children: No. Injection of antibodies (defense against the virus) recommended for young babies and for certain conditions, in prevention.* Adults : Yes. Recommended under certain conditions.*	Yes. Two doses, ideally at 12 and 18 months of age, for good lifetime protection.*

# Respiratory Infections – What to do to protect yourself and other people



Vaccination is the most effective way to prevent many infectious diseases.



Wash your hands often, especially when you cough, sneeze or blow your nose.



Sneeze and cough into your elbow or a tissue. Throw your tissue in a garbage can.



Wash and disinfect surfaces and objects that are handled often (e.g., doorknobs, tables).



Air out rooms often.

## WHAT TO DO IF YOU HAVE THESE SYMPTOMS



### Fever

- Stay home.



### Cough, sore throat, stuffy nose, runny nose

- Wear a mask (except for a child who is under school age).

**If you are a vulnerable individual** (e.g., older adult or individual with a chronic illness)

- Contact Info Santé 811. A nurse will give you advice.

### For 10 days after symptoms appear

- Keep a distance of 1 to 2 metres (3 to 6 feet) from other people, if possible.
- Avoid coming into contact with vulnerable individuals (e.g., older people, individuals with a chronic illness or weakened immune system). If not possible, wear a mask (except for a child under school age).
- Avoid outings (e.g., restaurant, cinema).
- Work from home, if possible.
- Tell your family and friends that you are sick.

For some respiratory infections, such as measles, Montréal's public health department will recommend that the sick person stay at home in isolation for a certain time.

Are you concerned  
about your health or the  
health of a loved one?

CONTACT  
INFO SANTÉ 811.



\* For more information:  
[drspmtl.ca/infections-respiratoires](https://drspmtl.ca/infections-respiratoires) (English section)