COVID-19 can cause mild cold-like symptoms to severe lung infections. Anti-viral treatment is available for those at higher risk of severe disease and complications.

Influenza (flu) generally occurs in the fall and winter months. Young children (under 5) and older adults are at higher risk of severe disease and complications.

Respiratory syncytial virus (RSV) infects the lungs and airways. Infants, young children and older adults are more likely to have severe infections.

Coughs and colds (cold viruses) are more common during the fall and winter months and result from different viruses that infect the nose and throat. For most people, symptoms are mild and usually resolve on their own.

Most respiratory illnesses can be treated at home. Learn more at: OttawaPublicHealth.ca/RespVirus

Treatment for COVID-19 is available and must be taken within a few days of symptoms starting. Learn more at: OttawaPublicHealth.ca/COVIDTreatment and at: Ontario.ca/Antivirals.

WHEN TO GO TO THE EMERGENCY DEPARTMENT
If you or your child are in distress (significant trouble breathing, chest pain, fainting, difficulty to rouse, confusion or have significant worsening of any chronic disease symptoms), go to the nearest Emergency Department or call 9-1-1.

If you have questions about your health (or your child’s), call your primary care provider or Health Connect Ontario at 8-1-1.

OttawaPublicHealth.ca/RespVirus

People at higher risk of severe illness or complications from COVID-19 and the flu include:
- People who are 60 years and older, pregnant, have chronic medical conditions or are immunocompromised.
- Young children (under 5) are at higher risk of complications from the flu.

Wear a mask:
- To protect yourself from viral respiratory illnesses.
- To protect others at higher risk of severe respiratory illness.
- When you’re recovering from illness.

Disinfect high-touch surfaces in your home and workplace.

Most respiratory illnesses can be treated at home. Learn more at: OttawaPublicHealth.ca/RespVirus

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