

RESPIRATORY VIRUSES TABLE

VIRUS	Influenza A and B	RESPIRATORY SYNCYTIAL VIRUS (RSV)	HUMAN ADENOVIRUS	HUMAN CORONAVIRUS (229E, NL63, OC43)	HUMAN ENTEROVIRUS	HUMAN METAPNEUMOVIRUS	HUMAN RHINOVIRUS	HUMAN PARA-INFLUENZA VIRUSES 1,2, 3 & 4
INCUBATION PERIOD	1 to 4 days	2 to 8 days	1 to 10 days	2 to 4 days	3 to 5 days		2 to 3 days	2 to 6 days
SYMPTOMS	Acute onset of respiratory illness characterized by: fever and new cough AND one or more of the following symptoms: sore throat, joint aches, muscle aches, exhaustion	Symptoms of respiratory tract infection may include, but are not limited to: <ul style="list-style-type: none"> New or worsening cough Joint aches Shortness of breath Fever Headache Runny nose Muscle aches Exhaustion Chills Sore throat 						
PERIOD OF COMMUNICABILITY	Probably 1 day before to 3 to 5 days from clinical symptom onset in adults; up to 7 to 10 days in young children	Shortly before and until symptoms cease or return to baseline	Until symptoms cease or return to baseline		1 to 3 weeks			
TRANSMISSION	<p>Person-to-person transmission through large respiratory droplets when infected persons cough or sneeze is believed to be the primary transmission route. Respiratory secretions contain the infective material. Transmission may also occur through direct or indirect contact with respiratory secretions (e.g., touching surfaces contaminated with influenza virus and then touching the eyes, nose or mouth). Individuals with asymptomatic infection can transmit virus to susceptible individuals (e.g., asymptomatic health care worker to patient). Human respiratory viruses may persist for hours on solid surfaces, particularly in lower temperatures and lower humidity</p>							
DURATION OF PRECAUTIONS	<p>Discontinue precautions for suspected or confirmed non-ventilated cases based on resolution of symptoms/clinical improvement (e.g. COPD as baseline)</p> <p>Discontinue precautions for suspected or confirmed ventilated cases based on clinical improvement for 48 hours</p> <p>Chronic respiratory symptoms or post viral cough do not require maintenance of precautions</p>							
PEOPLE AT HIGH RISK OF RESPIRATORY VIRUS-RELATED COMPLICATIONS	<p>Adults (including pregnant women) and children with the following:</p> <ul style="list-style-type: none"> Cardiac or pulmonary disorders (including bronchopulmonary dysplasia, cystic fibrosis and asthma) Diabetes mellitus and other metabolic diseases Cancer, immune compromising conditions (due to underlying disease and/or therapy) Renal disease Anemia or hemoglobinopathy Conditions that compromise the management of respiratory secretions and are associated with an increased risk of aspiration Morbid obesity (BMI ≥ 40) 				<ul style="list-style-type: none"> Healthy pregnant women - <i>*especially those in third trimester and women up to four weeks post-partum regardless of how pregnancy ended</i> First Nations, Métis and Inuit peoples Individuals of any age who are residents of long-term care facilities Individuals greater than 65 years of age All children less than 5 years of age Children and adolescents (age 6 months to 18 years) with the following: <i>neurologic or neurodevelopment conditions (including seizure disorders, febrile seizures and isolated developmental delay)</i> 			
	<p>Only specific to Influenza: Undergoing treatment for long periods with acetylsalicylic acid, because of potential increase of Reye Syndrome associated with Influenza</p>							

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VIRUS	COVID -19		
INCUBATION PERIOD	Current estimates range from 1-14 days with median estimates of 5-6 days between infection and onset of clinical symptoms of disease		
SYMPTOMS	<p style="text-align: center;">ONE symptom in Category A or ONE or MORE symptoms in Category B should be considered symptomatic</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; text-align: center; vertical-align: top;"> <p>A</p> <ul style="list-style-type: none"> Fever/chills Cough Sore throat/hoarse voice Shortness of breath/breathing difficulty Loss of taste/smell Vomiting or diarrhea for more than 24 hours Multisystem inflammatory syndrome (MIS-C) features of Kawasaki Disease </td> <td style="width: 50%; text-align: center; vertical-align: top;"> <p>B</p> <ul style="list-style-type: none"> Runny nose Muscle aches Fatigue Skin rash of unknown cause nausea or loss of appetite poor feeding (in an infant) </td> </tr> </table>	<p>A</p> <ul style="list-style-type: none"> Fever/chills Cough Sore throat/hoarse voice Shortness of breath/breathing difficulty Loss of taste/smell Vomiting or diarrhea for more than 24 hours Multisystem inflammatory syndrome (MIS-C) features of Kawasaki Disease 	<p>B</p> <ul style="list-style-type: none"> Runny nose Muscle aches Fatigue Skin rash of unknown cause nausea or loss of appetite poor feeding (in an infant)
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PERIOD OF COMMUNICABILITY	48 hours prior to the development of overt symptoms; assumed no longer communicable 10 days after onset of illness, as long as afebrile and have improved clinically		
TRANSMISSION	Refer to above Transmission section for Respiratory viruses		
DURATION OF PRECAUTIONS	Refer to Testing and Clearance - Acute, Long Term and Home Care		
PEOPLE AT HIGH RISK OF RESPIRATORY VIRUS-RELATED COMPLICATIONS	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> Asthma (moderate to severe) Cystic fibrosis Dementia or other neurological conditions Diabetes (type 1 or 2) Epilepsy Substance use disorders Interstitial lung disease Pregnancy Pulmonary hypertension Smoking, current or former Cancer </td> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> Chronic lung disease Chronic kidney and end-stage disease Down syndrome HIV infection Immunocompromised state Motor neuron diseases *Overweight and obesity Solid organ or stem cell transplant Sickle cell disease or thalassemia Heart conditions such as heart failure, coronary disease, cardiomyopathies or hypertension </td> </tr> </table> <p style="text-align: right; font-size: small;">*Overweight = BMI > 25 kg/m² but < 30 kg/m² Obesity = BMI ≥30 kg/m² but < 40 kg/m² Severe Obesity = BMI of ≥40 kg/m² (BMI – body mass index)</p> <p><i>Patients with certain medical and/or social vulnerabilities, including people experiencing intellectual and developmental disabilities, persons who use substances regularly, people experience cognitive disabilities, mental health conditions or experiencing homelessness or are unhoused, may make it more difficult for the patient to recognize, clearly communicate, or act on symptom progression. These patients need closer attention and monitoring.</i></p>	<ul style="list-style-type: none"> Asthma (moderate to severe) Cystic fibrosis Dementia or other neurological conditions Diabetes (type 1 or 2) Epilepsy Substance use disorders Interstitial lung disease Pregnancy Pulmonary hypertension Smoking, current or former Cancer 	<ul style="list-style-type: none"> Chronic lung disease Chronic kidney and end-stage disease Down syndrome HIV infection Immunocompromised state Motor neuron diseases *Overweight and obesity Solid organ or stem cell transplant Sickle cell disease or thalassemia Heart conditions such as heart failure, coronary disease, cardiomyopathies or hypertension
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