

COVID-19 VS. OTHER RESPIRATORY VIRAL ILLNESSES

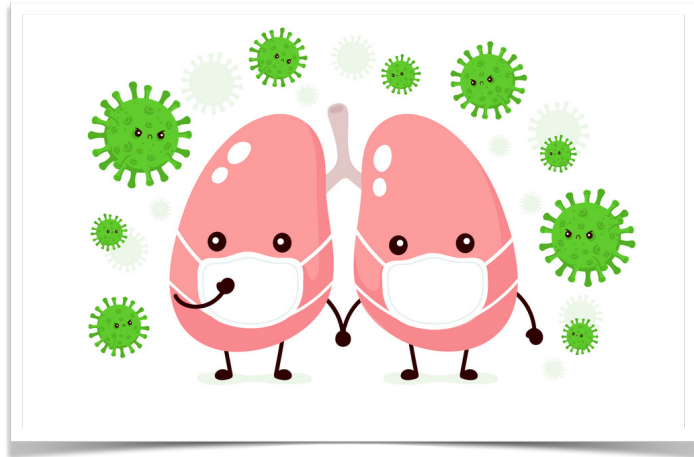
Does management change depending on the virus?

Should I Test for COVID-19?

- Individuals who are elderly, unvaccinated for COVID-19, immunocompromised or have multiple health conditions, we advise test for COVID-19 (as they may be eligible for antiviral treatment)
- Health care workers or those caring for/in close contact with vulnerable individuals should test for COVID-19
- Testing can be with a Rapid Antigen Test (see how to do on our website) or PCR (if eligible)
- Needing an in-office assessment

Am I eligible for COVID-19 antivirals?

- Most individuals are not eligible for antivirals
- COVID-19 antivirals were designed to reduce hospitalization in unvaccinated individuals



Whether it's COVID-19, influenza, or another respiratory virus, treatment of your infection usually is the same.

- **Self-isolate:** you should self-isolate until your fever has resolved and symptoms are getting better x 24hrs (or 48hrs if any nausea, vomiting or diarrhea)
- **Manage your Symptoms:**
 - **Fever:** if you have a fever (38°C or 101.4°F or greater), treat the fever; keep in mind dosing for children is based on their **weight**
 - **Nasal Congestion/runny nose:** sinus rinses & suctioning are excellent at reducing these symptoms
 - **Do not be alarmed by mucous colour:** with any infection (viral or bacterial), your body will produce mucous. The colour of mucous does not indicate if your infection is bacterial or viral.
 - **Muscle Aches:** using Tylenol, Advil, Motrin or Naproxen can allow you to feel more comfortable

**DOCTORS AT 326
WILSON**

