

# HOW ARE VIRAL RESPIRATORY ILLNESSES SPREAD?



- A person produces large and small (aerosol) respiratory droplets when they breath, speak, sing, cough or sneeze.
- While large respiratory droplets usually fall to the ground quickly within two metres, small droplets (aerosols) can linger in the air under certain circumstances.
- Viral respiratory illnesses such as COVID-19 or influenza can be spread when the virus from an infected person comes into contact with another person's mucous membranes (mouth, nose, eyes) and/or is breathed into the lungs via:
  - close-range respiratory droplets
  - small (aerosol) respiratory droplets remaining in the air
  - touching surfaces contaminated with respiratory droplets

## What measures can I take to protect myself and others from viral respiratory illnesses?

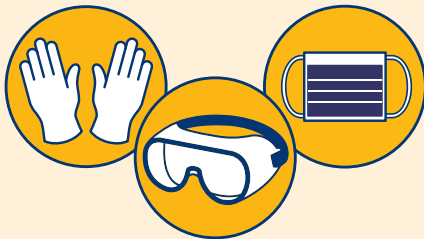


**Ensure your immunizations are up to date** to protect you from COVID-19 and influenza, especially severe illness, hospitalization and death.

**Stay home when sick.**



**Cover your coughs and sneezes** by using a tissue, your elbow or upper sleeve, and then clean your hands.



**Wear a medical mask and other personal protective equipment (PPE) based on a Point of Care Risk Assessment,** additional precautions, and provincial or organizational guidance and policies.



**Clean your hands frequently.** Use hand sanitizer or soap and water.

## What measures do health-care organizations and facilities take to protect everyone?



- Encourage everyone to keep vaccinations up to date.
- Maintain ventilation systems to industry standards.
- Place patients in appropriate spaces (e.g., prevent overcrowding).
- Clean and disinfect health-care equipment and environment.
- Provide instructions, supplies, and equipment for cleaning hands and appropriate PPE use.
- Support implementation of Point of Care Risk Assessments and additional precautions.

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