

Respiratory Infections

A respiratory infection is a short-lived illness anywhere between the nose and the lungs

Symptoms of a respiratory infection



- cough
- fever
- sore throat
- runny nose
- fatigue
- muscle aches

Number and severity of symptoms vary with age & general health.

Feeling Sick? Prevent the spread

- Wash hands often
- Cough and sneeze into your elbow
- Wear a mask in public spaces
- Clean surfaces in your home often
- Air out living spaces

Smart Thinking: Ask at your pharmacy or clinic about vaccines to protect yourself and others.



The information in this document does not replace the advice of a health professional. If you have any questions, call Info-Santé 811.



Document inspired by the MSSS (2023) « Decision tool - Respiratory infectious diseases » available on <https://publications.msss.gouv.qc.ca/msss/fichiers/2023/23-294-01A.pdf>



Symptoms

It's normal to have the following symptoms as your body heals itself

- fever (38°C+)
- sore throat
- sinus congestion
- fatigue
- muscle aches
- cough



By days 7-10 you should start to feel better and should no longer be contagious.

Signs & symptoms to watch out for

- symptoms that worsen after 5 days or are no better after 7 days
- a fever of 38°C+ lasts for
 - 3-5 days in children
 - 5 or more days in adults
- Chest pain when breathing deeply
- Blood in mucus or secretions

For babies under 2, always use a rectal thermometer. Everyone else use an oral thermometer.

Alarm signs & symptoms



difficulty breathing



blue lips or fingers



Haven't peed in the last 12 hours



extreme tiredness or confusion



rectal temperature of 38°C+ in baby less than 3 months



Child difficult to wake up or too sleepy to drink

What to Do

Most infections will resolve without special treatment in 3-14 days

- use a nasal rinse
- wear a mask
- drink lots of fluids
- stay home & rest

Ask your pharmacist about medications for symptoms, like decongestants and fever or pain medications. Consult 811 if you are worried.

See a nurse practitioner, family doctor or go to a walk-in clinic. If no family doctor, call 811 (option 3)

The risk of complications are higher for people with chronic illnesses, immunosuppressed people, pregnant people, people over 60 or babies under 6 months old. Don't hesitate to seek medical advice more quickly.

Prepare for your visit by using the symptom tracker on the back

Go to the emergency room

or

Call 911

Questions for Provider

My most important questions & concerns

What to bring to an appointment

- healthcare card
- pharmacy information
- list or bag of medications

INSERT CLINIC LOGO HERE

Symptom Tracker

day	fever number	any symptoms
ex.	oral temp: 37°C	fatigue sore throat
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Medication Tracker

day	medications & supplements I have taken
ex.	tylenol
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	