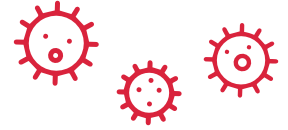


# The RAP: Respiratory Action Plan



Respiratory viruses can have symptoms in common that make it hard to tell which virus you have.

- fatigue
- muscle or body aches
- cough
- sneezing
- fever
- runny or stuffy nose



When it comes to respiratory viruses, some things look the same and should be approached in a similar way. Here is what you should know:

## Ways you can stop the spread:

- Stay home when you're sick.
- Keep up to date with recommended vaccinations.
- Practice good hand hygiene with soap and alcohol-based hand sanitizers.
- Cover your coughs.
- Keep common surfaces clean and disinfected.
- Wear a well-fitted N95-style mask in public.
- Practice social distancing.
- Avoid crowds & poorly ventilated public places.
- Improve indoor ventilation ([Health Canada](#)).

## Who is most at risk of serious complications:

- People who are pregnant.
- People who aren't vaccinated (and those who can't be).
- People with lung disease.
- Older persons, especially those 65 years+.
- Young children, especially under 5 years old.
- Infants, especially if premature or under 6 months old.
- People with other chronic & immunocompromising medical conditions.
- Members of racialized communities, including First Nations, Métis, and Inuit communities.
- People in close contact with high-risk groups.

## If you have symptoms of a respiratory virus:

- Stay at home until your symptoms are gone.
- If you must go out, wear an N95-style mask to prevent spreading the virus.
- Rest, and drink plenty of fluids
- Test yourself for COVID-19; you may be eligible for anti-viral medication.
- Follow the advice of your healthcare provider in using over-the-counter medication for fever and pain symptoms. If you get worse, call your health care provider or the NB Tele-Care hot line at 811 (it's bilingual, 24/7, and free!)
- Seek immediate medical attention if you notice a blue colour to the skin (lips, nail beds), if you have chest pain, if you are struggling to breathe (difficulty speaking more than a few words between breaths).

