



### **Signs and Symptoms**

Signs and symptoms of a viral respiratory infection include irritated throat, watery discharge from nose and eyes, sneezing, chills, and general body discomfort. Wheezing may occur, especially in children with asthma. Many respiratory viruses cause fevers. Contact a health care provider if a child or adult experiencing these symptoms is having difficulty breathing.

### **Transmission**

The method of transmission varies but includes inhalation of airborne droplets from coughs or sneezes and direct contact with an ill person. Transmission can also occur by contact with articles soiled, like tissues, by discharges from the nose or throat of an ill person.

### **Control Measures**

- Children and staff members who feel sick or have a fever should stay home.
- Children and staff members should use good hand washing practices with warm running water, soap and disposable paper towels.
- Children and staff should wash hands with soap and water before eating, after using the bathroom and after touching nasal discharge, such as after wiping a nose. Tissues should be disposable, used only once, and thrown away.
- Children should be taught to turn and cough into their shoulders or elbows if they cannot cover their mouths and noses with a tissue.
- Clean and disinfect the environment (including high-touch surfaces such as tabletops, chairs, doorknobs) and toys with an EPA-approved disinfectant.
- Ventilate or air out the room each day, including during cold weather, if possible.
- Space cots or sleeping mats so children are not crowded together.

### **Resources**

CDC Cover Your Cough and Clean Hands Poster  
<http://www.cdc.gov/flu/protect/covercough.htm>

CDC Hand Washing Posters  
<http://www.cdc.gov/handwashing/posters.html>

CDC Everyday Preventive Actions that Can Help Fight Germ  
[http://www.cdc.gov/flu/pdf/freeresources/updated/everyday\\_preventive.pdf](http://www.cdc.gov/flu/pdf/freeresources/updated/everyday_preventive.pdf)