

CLINICAL FEATURES OF RESPIRATORY VIRUSES

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Virus	Signs & Symptoms	Seasonal Pattern	Infectious Timeline	Prevention Measures
<p>Many respiratory viruses present similarly. Below are the most common.</p>	<p>Fever, fatigue, headache, muscle aches, and sore throat are symptoms of most respiratory viruses¹. Below are some symptoms that can help differentiate them.</p>	<p>Some respiratory viruses are more common during certain times of the year, which may help to diagnose them.</p>	<p>The infectious timeline of the following diseases can help to properly treat them and prevent spread.^{11,12}</p>	<p>Stay "VIRUS SAFE"!</p>
<p>Influenza^{3,22}</p>	<ul style="list-style-type: none"> • GI symptoms can differentiate the flu from other viruses • Impossible to differentiate from COVID-19 on symptoms alone • Abrupt onset of symptoms 	<p>Fall and late Spring</p>	<ul style="list-style-type: none"> • Symptoms can begin 5 days following exposure • Contagious from before symptoms begin up to one week following onset 	<ul style="list-style-type: none"> • Vaccines <ul style="list-style-type: none"> ◦ Get vaccinated against influenza and COVID-19⁷ ◦ Consider the RSV vaccine if >60 years old²³ • Isolation <ul style="list-style-type: none"> ◦ Isolate when sick and avoid sick contacts⁵ • Respiratory safety <ul style="list-style-type: none"> ◦ Cover your mouth and nose when coughing or sneezing^{6,19}
<p>COVID-19^{12,13,22,24}</p>	<ul style="list-style-type: none"> • Abrupt onset of nausea, vomiting, diarrhea in the absence of respiratory symptoms 	<p>Winter</p>	<ul style="list-style-type: none"> • Symptoms can begin 5 days following exposure • Contagious up to 14 days after onset of symptoms and may need to isolate for 20 days 	<ul style="list-style-type: none"> • Use respiratory precautions <ul style="list-style-type: none"> ◦ Use appropriate masks and gloves^{6,21} • Stay distant <ul style="list-style-type: none"> ◦ Avoid close contact with sick patients without the use of appropriate PPE²⁰
<p>Common Cold^{12,14,22}</p>	<ul style="list-style-type: none"> • Runny or stuffy nose more common than in flu • Symptoms are less severe 	<p>Fall and Spring</p>	<ul style="list-style-type: none"> • Symptoms can begin 5 days following exposure • Contagious up to 14 days following onset of symptoms 	<ul style="list-style-type: none"> • Sanitation <ul style="list-style-type: none"> ◦ Regularly disinfect frequently touched surfaces³ ◦ Wash your hands frequently with soap and water^{4,5}
<p>Respiratory Syncytial Virus^{2,15,22}</p>	<ul style="list-style-type: none"> • Seal-bark cough • Inspiratory stridor • More common in infants and young children 	<p>Fall and Winter</p>	<ul style="list-style-type: none"> • Symptoms can begin 5 days following exposure • Most contagious for 8 days following onset • Infants contagious up to 4 weeks following onset 	<ul style="list-style-type: none"> • Act responsibly <ul style="list-style-type: none"> ◦ Inform others when you are sick • Form good habits <ul style="list-style-type: none"> ◦ Aid your immune system by maintaining a healthy lifestyle and managing stressors¹⁸
<p>Allergic Rhinitis¹⁶</p>	<ul style="list-style-type: none"> • Itchy or watery eyes • Lack of viral symptoms like fever and fatigue 	<p>Spring, Summer, early Fall</p>	<ul style="list-style-type: none"> • Not contagious • Triggered by environmental allergens 	<ul style="list-style-type: none"> • Educate <ul style="list-style-type: none"> ◦ Stay informed about the latest guidelines and disease trends



RESPIRATORY VIRUS INFECTION TIMELINE²²

