

RESPIRATORY INFECTION (VIRAL)

Many different viruses may cause colds and viral respiratory illnesses with fever. These illnesses are very common during fall and winter months. Infants and young children who experience common respiratory infections and are also exposed to second-hand tobacco smoke are at increased risk of developing bronchiolitis, bronchitis, pneumonia, and middle ear infections.

CAUSE

Many different viruses.

SYMPTOMS

Include runny nose, sneezing, chills, tiredness, fever, muscle aches, sore throat, and cough which may last two to seven days.

SPREAD

Viruses are spread from person-to-person by touching the secretions from the nose and mouth of an infected person and by touching the hands, tissues, or other items soiled with nose and mouth secretions from an infected person and then touching your eyes, nose, or mouth.

INCUBATION

It may take up to 10 days after exposure for symptoms to start.

CONTAGIOUS PERIOD

Shortly before symptoms begin through the duration of acute symptoms. This may last from 5 to 8 days.

DIAGNOSIS

Recommend parents/guardians call their healthcare provider if their child has a high fever or persistent sore throat or cough.

EXCLUSION

Childcare and School: Until fever is gone for 24 hours without the use of fever-reducing medication and the child is well enough to participate in routine activities. May still have cough.

TREATMENT

These are viral illnesses; therefore, antibiotics will not be effective. **DO NOT GIVE ASPIRIN or SALICYLATE-CONTAINING MEDICATIONS TO ANY CHILD OR ADOLESCENT UNDER 18 YEARS OF AGE.**

PREVENTION/CONTROL

- Cover nose and mouth with a tissue when coughing and sneezing or cough/sneeze into your sleeve. Dispose of used tissues.

- Wash hands thoroughly with soap and warm running water after contact with secretions from the nose or mouth. Thorough hand washing is the best way to prevent the spread of communicable diseases.
- DO NOT share cups, glasses, or eating utensils.
- Clean and disinfect commonly touched surfaces (doorknobs, refrigerator handle, water faucets, cupboard handles) at least daily. Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled. Clean and sanitize all dishes and silverware after each use.

For further information on how to navigate respiratory illness outbreaks please view OSE's [Guidance for Managing Respiratory Illness Outbreaks in Schools & Childcare Settings](#).

For more information, please contact your local health department.

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-434-1690 & 775-887-2190 (after hours)

[Central Nevada Health District](#) (Churchill, Mineral, Eureka, Pershing Counties) 775-866-7535

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

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