

2024-25 Respiratory Illness Season Patient Resource

Staying Healthy During Respiratory Illness Season

Information is current as of October, 21, 2024

With colder weather approaching, and as we start spending more time indoors, respiratory illnesses, such as COVID-19, influenza (flu), colds and respiratory syncytial virus (RSV) are set to increase.

Take Action to Stay Healthy This Fall and Winter

Layering protections can help you avoid getting and spreading respiratory illnesses:

- **Stay up-to-date with immunizations**, including for seasonal flu, COVID-19; and for infants and older adults, RSV.
- **Stay home** when you feel sick.
- **Consider masking** in crowded public places - especially if you or someone in your household is at higher risk of severe illness. Wear a mask if you have symptoms.
- **Ventilate** and clean indoor air at home: run fans, open windows and/or use air purifiers such as HEPA filters.
- **Wash or sanitize your hands** often and well.
- **Cough and sneeze into your elbow.**
- **If you are at higher risk, know what to do if you get sick.** You may benefit from antiviral treatments for the flu and COVID-19. These medications work best if you can start them as soon as possible after noticing symptoms. Talk to your doctor about how you can access these medications. See [who is most at risk from flu](#) and use this screening tool to learn [who is at higher risk](#) for severe illness from COVID-19.



More About COVID-19 Treatment

Antiviral medications are available for people who have COVID-19 (even if symptoms are mild) who are at higher risk of severe illness and hospitalization. Most treatments must be taken within the first 5 days of your symptoms starting. Use the [information](#) from the Ministry of Health to see if you are eligible for antiviral treatments. These treatments are cost-free to anyone with a prescription.

