

## HOW LONG AM I CONTAGIOUS?

You are most contagious in the first 3-4 days but can range from 1 day before until 7 days after.

## INFLUENZA VIRUS

# FLU

### SYMPTOMS

Fever/chills	Headache	Sore Throat
Fatigue	Nausea/Vomiting	Cough
Runny Nose	Diarrhea	Body Aches

### HOW IS IT SPREAD?

Droplets caused by coughing, sneezing, talking, or kissing. You can inhale infected droplets or touch a surface that has been contaminated.

# RSV

### HOW IS IT SPREAD?

Droplets caused by coughing, sneezing, talking, or kissing. You can inhale infected droplets or touch a surface that has been contaminated.

### HOW LONG AM I CONTAGIOUS?

You are most contagious in the first 3-8 days. However, you can spread the virus 1-2 days before symptoms and in severe cases, can be contagious for up to 4 weeks.

## RESPIRATORY SYNCYTIAL VIRUS

### SYMPTOMS

- Runny Nose
- Decrease in Appetite
- Cough
- Sneezing
- Fever
- Wheezing

# STREP

### HOW LONG AM I CONTAGIOUS?

You can be contagious for a few days prior to symptoms and until started on antibiotics.

### HOW IS IT SPREAD?

Droplets caused by coughing, sneezing, and talking. You can inhale infected droplets or touch a surface that has been contaminated.

## STREPTOCOCCAL BACTERIA

### SYMPTOMS

- Sore throat that starts quickly
- Pain when swallowing
- Fever
- Red/swollen tonsils, sometimes with white patches/streaks of pus
- Tiny red spots on roof of mouth
- Headache
- Nausea/vomiting