

## Respiratory Illness Season

Community rates of respiratory illness, particularly among children and youth, are going up as expected at this time of year. COVID-19 and a number of common seasonal respiratory viruses such as influenza, enterovirus and respiratory syncytial virus (RSV) are circulating in BC.

There are many tools to get people through respiratory illness season. The most important is to maximize protection through vaccination. People are also encouraged to check daily for symptoms of respiratory illness, wash their hands regularly and practice respiratory etiquette. This includes wearing a mask, as a personal choice, covering coughs and disposing of tissues appropriately.

People who have COVID-19 are no longer required to self-isolate. However, it is still important for people with symptoms to stay home when feeling unwell to reduce the spread of illness. Staff and students may return to work/school when their fever has resolved and they are able to participate in their usual activities.

### **What does well enough to return to regular activities mean?**

Consider how you manage other illnesses that you do not get tested for like cold and flu. Stay home if you are feeling unwell and resume your regular activities when you feel you are able to manage them. If you have a fever you should stay home until it is gone without medication.

As public health measures are lifted, it's important to remember that we have many tools, such as vaccines, treatments and our own actions that can protect us from the impacts of COVID-19 and other respiratory illnesses.

### Remember your Personal Practices and Healthy Habits!

