



Respiratory Viruses

What Are Respiratory Viruses?

Respiratory viruses are viruses that infect the nose, throat, and lungs.

Common Respiratory Viruses:

- Influenza (Flu)
- COVID-19 (SARS-CoV-2)
- Respiratory Syncytial Virus (RSV)
- Rhinovirus (Common Cold)
- Parainfluenza
- Adenovirus
- Enterovirus
- Human Metapneumovirus

How Are Respiratory Viruses Spread:

- Airborne droplets from coughing, sneezing, or talking
- Touching contaminated surfaces then touching your eyes, nose, or mouth
- Close contact with infected individuals

Symptoms of Respiratory Viruses:

Symptoms vary by virus but commonly include:

- Cough
- Runny or stuffy nose
- Sore throat
- Fever or chills
- Headache
- Fatigue
- Muscle or body aches
- Shortness of breath (especially in more serious cases)

Who is at Higher Risk of Severe Illness?

Most people will only experience mild to moderate symptoms from a respiratory virus but some may get seriously ill;

- Infants and young children
- Older adults (65+)
- People with chronic illnesses or weakened immune systems
- Pregnant women

Seek Medical Care if you Experience:

- Trouble breathing
- Chest pain or pressure
- Persistent high fever
- Confusion or difficulty staying awake
- Symptoms lasting more than 10 days or getting worse

How you can Prevent Getting Sick with Respiratory Viruses:

- Wash hands frequently with soap and water for at least 20 seconds
- Cover coughs and sneezes with your elbow or a tissue
- Avoid close contact with sick people
- Wear a mask in crowded or high-risk settings
- Keep your environment clean (disinfect frequently touched surfaces regularly)
- Improve ventilation indoors
- Get vaccinated (Flu, COVID-19, RSV if eligible)

Jackson County Health Department
Communicable Disease Dept.
1715 Lansing Ave.
Jackson, MI 49202
(517) 788-4655

www.mijackson.org

Source: www.cdc.gov

CDC Public Information 
800-232-4636 (800-CDC-INFO)
TTY 888-232-6348