Respiratory Illness Quick sheet

July 2025

DCHD
DELAWARE COUNTY HEALTH DEPARTMENT

Background

Respiratory viruses include influenza (flu), COVID-19, and rhinovirus/enterovirus (common cold). These infections affect the respiratory system, causing illnesses with common symptoms, risk factors, and prevention methods. Respiratory viruses are important causes of illness and even death, especially for people at higher risk.

What are the common respiratory illnesses?

- Influenza (flu)
- COVID-19
- Respiratory Syncytial Virus (RSV)
- Adenovirus
- Rhinovirus/Enterovirus (common cold)
- Parainfluenza

Symptoms include:

- Fever
- Chills
- Fatigue (tiredness)
- Cough
- Runny or stuffy nose
- Decrease in appetite
- Sore throat
- Vomiting
- New loss of taste or smell
- Headache, muscle, or body aches
- Diarrhea
- Weakness

Who are at higher risk of severe illness from respiratory viruses?

- Older Adults
- Young Children
- People with Weakened Immune Systems
- People with Disabilities
- Pregnant People

Respiratory illness recommendations

The CDC recommends you stay home and away from others until at least 24 hours after both your symptoms are getting better overall, and you have not had a fever (and are not using fever-reducing medication). Resume normal activities and use added prevention strategies over the next five days.

Respiratory illness prevention

- Vaccines are available for the three main fall and winter respiratory diseases – flu, COVID-19, and RSV (for those eligible for the RSV vaccine).

- Parents/caregivers should talk to their health care provider to decide if the COVID-19 vaccine is right for their child.

- Hand washing and improving air circulation where people live and work helps reduce the risk of catching respiratory viruses.

- Everyday actions like wearing masks and keeping a safe distance from others can add extra protection.

- Tests are available to quickly detect these viruses, helping people get treatment and take steps to protect their family, friends, and coworkers.

References:

- https://www.cdc.gov/respiratory-viruses/about/index.html
- https://www.cdc.gov/covid/vaccines/stay-up-to-date.html
- https://delcopa.gov/health/pages/respiratoryillness.html

Respiratory testing resources in Delaware County

DCHD has free COVID-19 rapid antigen (home) tests available to residents while supplies last during business hours (8:30 am to 4:30 pm) at DCHD's three office locations:

1. Chester (151 W 5th Street)
2. Eddystone (1510 Chester Pike, Suite 700)
3. Yeadon: (125 Chester Ave)

Kiosk Locations

DCHD has five "Test and Go" kiosk machines that have **FREE** respiratory illness testing kits. These kiosks offer a lab (PCR) respiratory panel test for COVID-19 ,Flu A/B , and RSV as well as COVID-19 rapid antigen (home) tests.

Most DCHD test and go kiosks are available 24 hours a day, 7 days a week and are located at these five locations:

1. **SEPTA 69th Street Transportation Terminal** : 6901 Market Street, Upper Darby, PA.
2. **Delaware County Community College, Marple Campus:** 901 Media Line Rd, Media, PA 19063.
3. **Keystone First Wellness and Opportunity Center in Chester** : 1929 W 9th Street Chester, PA 19013.
4. **Delaware County Wellness Center at Yeadon:** 125 Chester Ave, Yeadon, PA 19050.
5. **Delaware County Government Center in Media, PA:** 201 W. Front St, Media, PA 19063.

For general information and assistance,

contact the Delaware County Health Department Wellness Line (Información en Español llama a…)

Phone: (484)-276-2100 (Available 24/7) Email: DelcoWellness@co.delaware.pa.us

Respiratory Virus Guidance Snapshot

Core Prevention Strategies

CORE STRATEGIES

| Immunizations | Hygiene | Steps for Cleaner Air | Treatment | Stay Home and Prevent Spread* |

ADDITIONAL STRATEGIES

Additional Prevention Strategies

| Masks | Distancing | Tests |

Layering prevention strategies can be especially helpful when:

✓ Respiratory viruses are causing a lot of illness in your community
✓ You or those around you have risk factors for severe illness
✓ You or those around you were recently exposed, are sick, or are recovering

*Stay home and away from others until,

and

Your symptoms are getting better

You are fever-free (without meds)

for 24 hrs

Then take added precaution for the next 5 days

CDC

https://www.cdc.gov/respiratory-viruses/images/RVG-summary-graphic.png

Panorama general de las directrices sobre virus respiratorios

Estrategias principales de prevención

ESTRATEGIAS PRINCIPALES

| Inmunizaciones | Higiene | Medidas para tener un aire más limpio | Tratamiento | Quédese en casa y prevenga la propagación* |

ESTRATEGIAS ADICIONALES

Estrategias de prevención adicionales

| Mascarillas | Distanciamiento | Pruebas |

Usar múltiples estrategias de prevención al mismo tiempo puede ser especialmente útil cuando:

✓ Los virus respiratorios están causando muchos casos de enfermedad en su comunidad
✓ Usted o las personas a su alrededor tienen factores de riesgo de enfermedad grave
✓ Usted o las personas a su alrededor fueron expuestas recientemente, están enfermas, o se están recuperando

*Quédese en casa y alejado de otras personas hasta que,

Y

Sus síntomas mejoren

No tenga fiebre (sin medicamentos)

por 24 horas

Luego tome precauciones adicionales durante los próximos 5 días

CDC

https://www.cdc.gov/respiratory-viruses/images/RVG-summary-graphic-es.png

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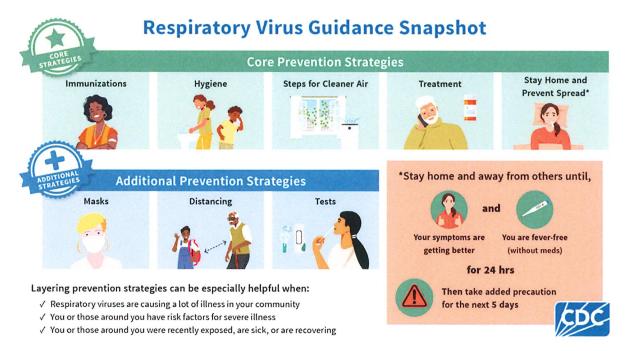
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