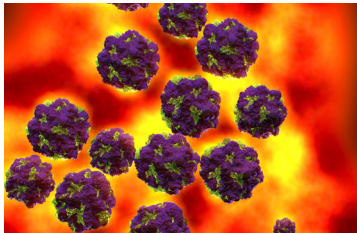


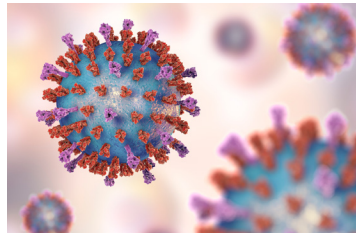


Respiratory Pathogens

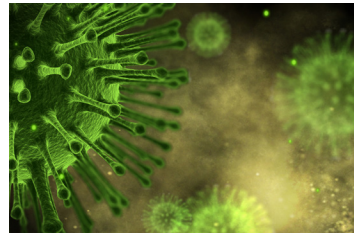
Is it a Cold, RSV, Influenza or COVID-19?



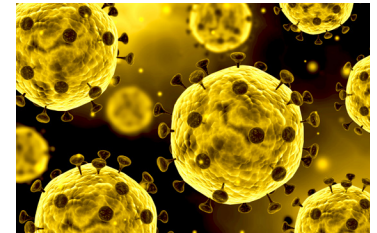
Rhinovirus (Common Cold)



Respiratory Syncytial Virus (RSV)



Influenza (Flu Virus)



COVID-19

	Rhinovirus (Common Cold)	Respiratory Syncytial Virus (RSV)	Influenza (Flu Virus)	COVID -19
Causative agent (pathogen)	Many different viruses including rhinoviruses (most common), parainfluenza and seasonal coronaviruses.	Respiratory Syncytial Virus (RSV)	Influenza viruses types A & B	SARS-CoV-2
How it spreads	Respiratory droplets and direct contact with the infected person, their respiratory secretions or stool (“poop”), or with contaminated surfaces, followed by touching eyes, nose or mouth.	Respiratory droplets and direct contact with the infected person or their respiratory secretions, or with contaminated surfaces followed by touching eyes, nose or mouth.	Person-to-person by way of large respiratory droplets and direct contact with their respiratory secretions, or contaminated surfaces, followed by touching eyes, nose or mouth.	Primarily through breathing in small droplets or particles that contain the virus, or when they land on eyes, nose or mouth through splashes, sprays-like coughs or sneezes. Contact with their respiratory secretions or contaminated surfaces, followed by touching eyes, nose or mouth.
Contagious period	24 hours before symptom onset to 5 days afterward	3–8 days but can be as long as 4 weeks.	From 1 day before symptom onset to 5–7 days afterward.	From 2 days before symptom onset to ~10 days afterward. This includes asymptomatic persons.
Incubation period (time to symptom onset after an exposure)	~2 days	4–6 days	1–4 days	2–14 days
Symptoms	Symptom onset is gradual. Common symptoms include: <ul style="list-style-type: none"> ▶ Sneezing ▶ Mild to moderate chest discomfort, cough ▶ Stuffy nose ▶ Sore throat 	Symptoms appear in stages and not all at once and include: <ul style="list-style-type: none"> ▶ Runny nose ▶ Decreased appetite ▶ Coughing ▶ Sneezing ▶ Fever ▶ Wheezing In very young infants, the only symptoms might be: <ul style="list-style-type: none"> ▶ Irritability ▶ Decreased activity ▶ Difficulty breathing 	Symptom onset is abrupt. Common symptoms include: <ul style="list-style-type: none"> ▶ Fever, chills ▶ Aches ▶ Fatigue, weakness ▶ Chest discomfort, cough ▶ Headache 	Symptoms range from none to severe and include: <ul style="list-style-type: none"> ▶ Fever, chills ▶ Cough ▶ Shortness of breath or difficulty breathing ▶ Fatigue ▶ Muscle aches ▶ Headache ▶ New loss of taste or smell ▶ Sore throat ▶ Congestion, runny nose ▶ Nausea, vomiting, diarrhea

	Rhinovirus (Common Cold)	Respiratory Syncytial Virus (RSV)	Influenza (Flu Virus)	COVID -19
Survival on surfaces	2 hours to 7 days (rhinovirus)	7–8 hours	2 hours to several weeks	4 hours to 8 days
Vaccine preventable	No	Yes (high risk individuals only)*	Yes	Yes
Infection prevention	▶ Frequent hand hygiene	▶ Frequent hand hygiene ▶ Get vaccinated if you are 60 and older, or pregnant	▶ Get vaccinated annually.	▶ Get vaccinated
	▶ Avoid touching eyes, nose, mouth with unclean hands	▶ Avoid touching eyes, nose, mouth with unclean hands	▶ Frequent hand hygiene	▶ Wear a mask
	▶ Cover coughs, sneezes	▶ Cover cough, sneezes	▶ Avoid touching eyes, nose, mouth with unclean hands	▶ Social distance (6 feet from others)
	▶ Avoid contact with people who are sick	▶ Avoid contact people who are sick	▶ Cover coughs, sneezes	▶ Frequent hand hygiene
	▶ Clean & disinfect surfaces and objects that may be contaminated with the virus	▶ Clean & disinfect surfaces and objects that may be contaminated with the virus	▶ Avoid contact with people who are sick	▶ Avoid touching eyes, nose, mouth with unclean hands
	▶ Stay home when ill	▶ Stay home when ill	▶ Clean & disinfect surfaces and objects that may be contaminated with the virus	▶ Cover coughs and sneezes
			▶ Stay home when ill	▶ Avoid crowds and poorly ventilated spaces
				▶ Avoid contact with people who are sick
				▶ Clean & disinfect high touch surfaces daily
			▶ Stay home when ill	
Additional pathogen information and product recommendations	Rhinovirus Pathogen Education Sheet	RSV Pathogen Education Sheet	Influenza Pathogen Education Sheet	COVID-19 Pathogen Education Sheet

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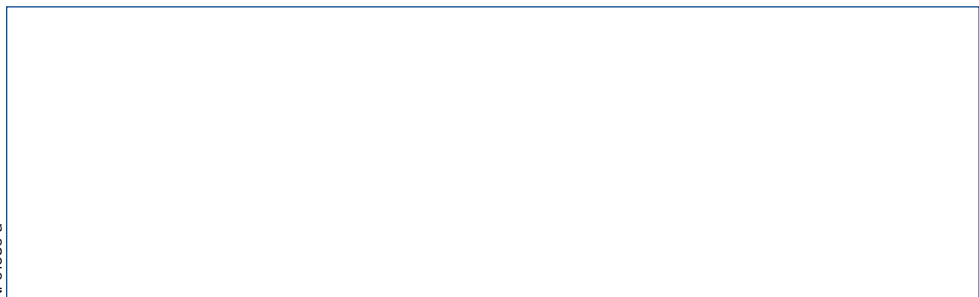
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*An RSV vaccine has been approved by the FDA for individuals 60 years of age and older, and for pregnant women to protect newborns. An RSV vaccine for the general public, including infants and children, is not available at this time. There is a monoclonal antibody treatment administered monthly during the RSV season to high-risk infants.



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