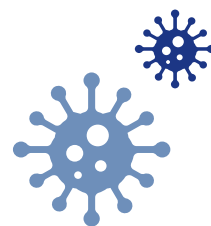


**Frequent hand hygiene  
(hand washing) is the  
single most effective  
way of preventing  
the transmission of  
infections.**



## Enquiries

Should you have any further questions please ask your hospital doctor or GP, or contact our Infection Control Coordinator on **(02) 6229 8983**.

**173 Strickland Crescent  
Deakin ACT 2600**

**PO Box 131, Deakin West ACT 2600**

**[www.calvaryjohnjames.org.au](http://www.calvaryjohnjames.org.au)**

**Hospitality | Healing | Stewardship | Respect**

CAL1359\_CJJH\_V1

Admission to hospital  
with a viral respiratory  
infection

Patient information



Calvary John James Hospital acknowledges the Infection Control & Staff Health Department of Calvary Public Hospital Bruce, who assisted with the development of this brochure.



Public Hospital Bruce



**Consumer Endorsed**  
Patient Information Publication



**Calvary**

John James Hospital

Continuing the Mission of the Sisters of the Little Company of Mary

## What is a viral respiratory infection?

A viral respiratory infection is a contagious infection that affects your respiratory tract including your:

- nose
- throat
- pharynx
- larynx
- lungs

A viral respiratory infection is of particular concern in children, older adults and people with compromised immune systems.

## What are the symptoms of viral respiratory infections?

Common symptoms of viral respiratory infections include but are not limited to:

- cough
- fever
- headache
- runny nose
- sore throat
- fatigue
- body aches

## What are some of the common viral respiratory infections?

- Influenza
- Respiratory syncytial virus (RSV)
- Adenovirus
- Measles
- Varicella

## How do you get a viral respiratory infection?

Viral respiratory infections are commonly spread in one of two ways:

- an infectious person coughs or sneezes close to you and you inhale the respiratory droplets
- you come into direct contact with an infectious person or surfaces that they have touched without washing their hands

## How will your viral respiratory infection be diagnosed?

A viral respiratory infection will initially be diagnosed on the basis of your clinical symptoms.

Follow up laboratory testing will be done via collection of a nose or throat swab, sometimes both. A blood test may also be necessary; your doctor will decide what testing is appropriate for you.

## How will your viral respiratory infection be treated?

Antiviral medications can be used to treat viral infections. The use of these medications will depend on how unwell you are and on the advice of your doctor.

Rest and fluids, both oral and IV (intravenous), will also assist you in your recovery.

## What can you do to prevent spread?

Perform hand hygiene with soap and water or hand sanitiser:

- after coughing or sneezing
- after touching your face
- before handling food and eating

Use tissues once and place them directly into the bag/bin in your room.

Practise respiratory etiquette by coughing or sneezing into your elbow.

Avoid touching your eyes, nose or mouth.

Ask staff and visitors to perform hand hygiene before and after contact with you.

## What will happen while you are admitted to hospital?

You will be in a single room or in a shared room with another patient who has the same viral infection as you.

Staff will be required to wear a long-sleeved gown, a mask and gloves when caring for you to reduce the risk of spreading the infection to other patients on the ward.

It is important that you remain in your room to reduce the risk of spreading the virus. If you do need to leave your room, you will need to perform hand hygiene and wear a mask. You must not visit other patients in your ward or around the hospital.

If you need to be transferred within the hospital, the nursing staff will ensure that you are wearing the appropriate attire and inform the other departments to ensure appropriate care is taken to reduce the risk of the spread of the virus. Upon transfer if staff caring for you are not wearing gowns, a mask and gloves, please advise them that you are infectious as you have been diagnosed with a virus.

## What if you are a health care worker?

You can return to work when your doctor is happy for you to do so, please supply a medical certificate signed by your doctor upon your return, clearing you to resume your normal duties.

## Take care of yourself

If you are coughing (or sneezing) use a tissue and then immediately dispose of that tissue; if you do not have any tissues, cough into your elbow.



Wash your hands often, or use an alcohol-based hand sanitiser.

