



FACT SHEET



Rhinovirus

South East
IPAC
HUB & SPOKE



EDUCATION
PRACTICE
POLICY
PARTNERS

Quinte | Rural Hastings | Rural Frontenac | Lennox & Addington | Lanark, Leeds & Grenville

What is Rhinovirus?

- Rhinovirus is most common cause of the “common cold”
- Most infections are upper respiratory infections that are mild and self-limited
- Can lead to lower respiratory tract infections, secondary pneumonia and/or bronchiolitis
- Accounts for more than 80% of common colds worldwide

Signs & Symptoms

- Runny/stuffy nose
- Cough/sore throat
- Sneezing
- Watery eyes
- Low grade fever
- Mild headache/fatigue

Older adults may present atypically: confusion, reduced appetite, or worsening chronic conditions

When do symptoms start?

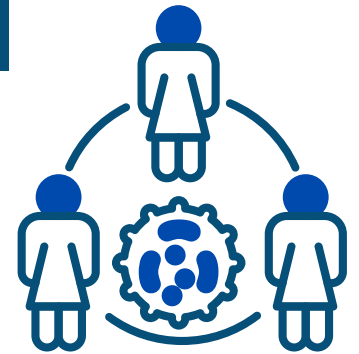
- From 12 hours to 5 days after initial contact

How long am I contagious for?

- Ranges from 7-10 days after onset of symptoms

How does Rhinovirus spread?

- Spread from person-to-person through **contact and droplet transmission**
- **Droplet transmission:** via large droplets from coughing, sneezing, or talking
- **Contact transmission:** by touching contaminated hands, tissues, or environmental surfaces
- Virus can survive for hours on hard surfaces and minutes on hands making cleaning and hand hygiene essential



How to Prevent Transmission



Hand Hygiene

- Promote hand washing for staff, residents & visitors



Education and Awareness

- Educate staff, residents and visitors about importance of adherence to IPAC practices (hand hygiene, cleaning/disinfection, PPE use)



Environmental Cleaning

- Check for appropriate kill claim on products
- Focus on high-touch surfaces
- Dedicate shared equipment where possible
- Review cleaning/disinfection program



Additional Precautions

- Implement droplet-contact precautions for suspected or confirmed cases

Outbreak Preparedness & Management

- Practice good hand hygiene
- Practice respiratory etiquette
- Ensure adequate PPE supply and staff education
- Restrict group activities as needed
- Increase surveillance
- Stay home when sick!

Notify your Public Health Unit if outbreak criteria are met