



Respiratory  
Virus Season:

How do we  
prepare?

# What does respiratory virus season mean?

- Usually begins in the fall and continues until the end of spring.
  - Cases continue throughout the year, even after DOH says the flu season has ended.
- Cause hundreds of thousands of hospitalizations and thousands of deaths every year.
- Often begins when kids go back to school!

**HIGH RISK**

Who is most at  
risk for severe  
illness?

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Older adults

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Young children

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Immunocompromised

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Disabilities

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Pregnant

# Common respiratory viral illnesses

Influenza  
(Flu)

COVID-19

RSV

Adenovirus

Rhinovirus  
(Common  
cold)

Parainfluenza

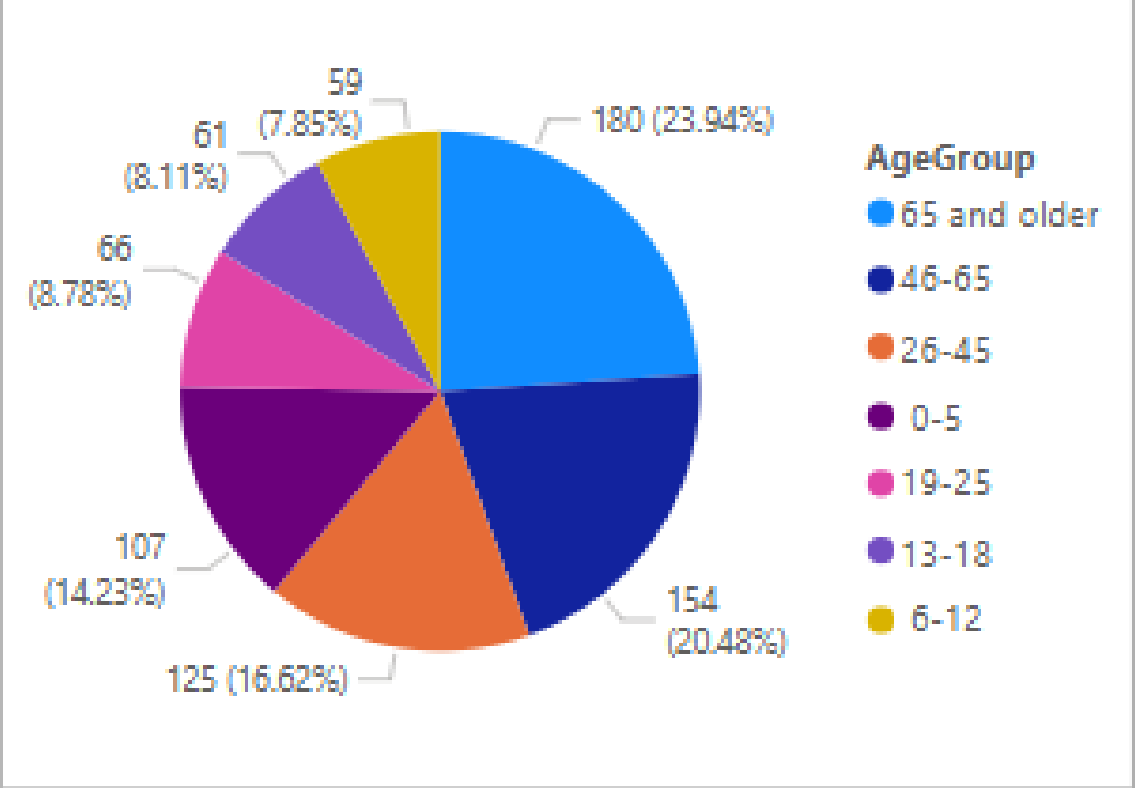
Parvovirus B19  
(Fifth Disease)

Week Starting on:

8/18/2024

New Mexico

Respiratory Infection by Age Group for Specified Week



Respiratory Infection	Total Results	Total Positives	Two Week Trend
COVID-19	4195	683	*
Adenovirus	235	1	—
Chlamydia Pneumoniae	235	0	—
Human Metapneumavirus	235	0	—
Influenza A – not subtyped	3421	2	—
Influenza A H1	403	0	—
Influenza A H3	235	0	—
Influenza B	3421	1	—
Mycoplasma Pneumoniae	235	1	—
Other Coronaviruses	235	0	—
Parainfluenza (1-4)	940	3	—
Rhinovirus	236	61	—
RSV	894	1	—

Total COVID-19 Samples  
**4,195**

Total Respiratory Samples (excluding COVID-19)  
**3,426**

## CDC Health Advisory

Increase in Human Parvovirus B19  
Activity in the United States

- Highly transmissible
- 70% of adults have antibodies by age 40
- 50% infection rate after household exposure
- 20-50% infection rate in school outbreaks
- Two phases of illness after 7-day incubation period:
  - 1<sup>st</sup> phase: Most contagious during the first 5 days and symptoms of fever, myalgia, and malaise
  - 2<sup>nd</sup> phase: Children may present with a distinct facial rash and adults with a rash on the trunk.



<https://www.cdc.gov/parvovirus-b19/about/index.html>

# Parvovirus B19 During Pregnancy



- Parvovirus B19 infection will usually not impact the baby or mom
- The virus could spread to the baby and cause anemia
- Infection early in pregnancy may lead to a small increase in the risk of complications

# Respiratory Virus Prevention

How do we keep it from spreading?

**CDC recommends 5 Core Prevention strategies to prevent the spread of the virus – good for home and work!**

- 1. Stay up to date with immunizations – flu, RSV, and COVID**
- 2. Practice good hygiene by washing your hands and cleaning shared surfaces**
- 3. Take steps for cleaner air by opening windows when possible, going outside when it is nice, and using properly maintained air purifiers**
- 4. Stay home if you're sick!**
- 5. If you're very ill or not recovering, go to the doctor**



# Droplet Precautions

Use for anyone with respiratory symptoms – even without a positive lab result.



## DROPLET PRECAUTIONS



### EVERYONE MUST:

Clean their hands, including before entering and when leaving the room.



Make sure their eyes, nose and mouth are fully covered before room entry.



or



Remove face protection before room exit.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



## COVID Precautions

- N95 respirator
- Gloves
- Gown
- Eye Protection

## Staff Illness

Stay home if you feel ill!

Wear a mask.

Wash your hands!

Report your illness to leadership to ensure they can monitor residents and other staff for symptoms.

Report all positive respiratory virus infections to DOH – use SimpleReport.



# COVID Updates

- New vaccine has received EUA and should be available soon.
  - Contains newest and most common circulating strain
- Free COVID testing kits will be available soon
  - Households will be able to order four free tests through the [Covidtests.gov](https://www.covidtests.gov) website once it launches again in late September

Remember...

Do all you can to keep your staff  
and residents healthy this  
respiratory season!

Thank You!!  


Nursing Home Call  
Text message  
reminder and Zoom  
link

- JotForm Sign up for text reminders
- <https://form.jotform.com/ICCNM/monthly-NH-text-message-opt-in-form>



- NH Call Link for Zoom
- <https://us06web.zoom.us/j/86213297986?pwd=SIImC84uewcXwr5GrveBKLiThaCFNS.1>