

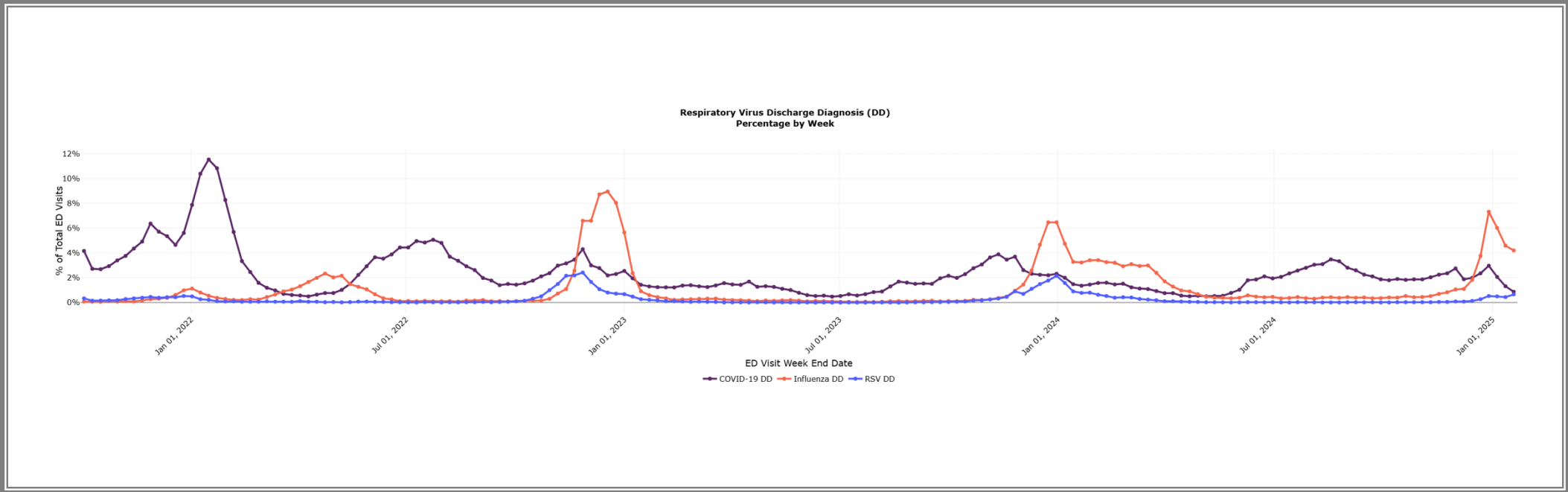
What is the “Quad-demic”

Infection Control Consultants

January 28, 2025

The 4 Bugs Involved

- Influenza - Flu
- Respiratory Syncytial Virus – RSV
- COVID-19
- Norovirus!



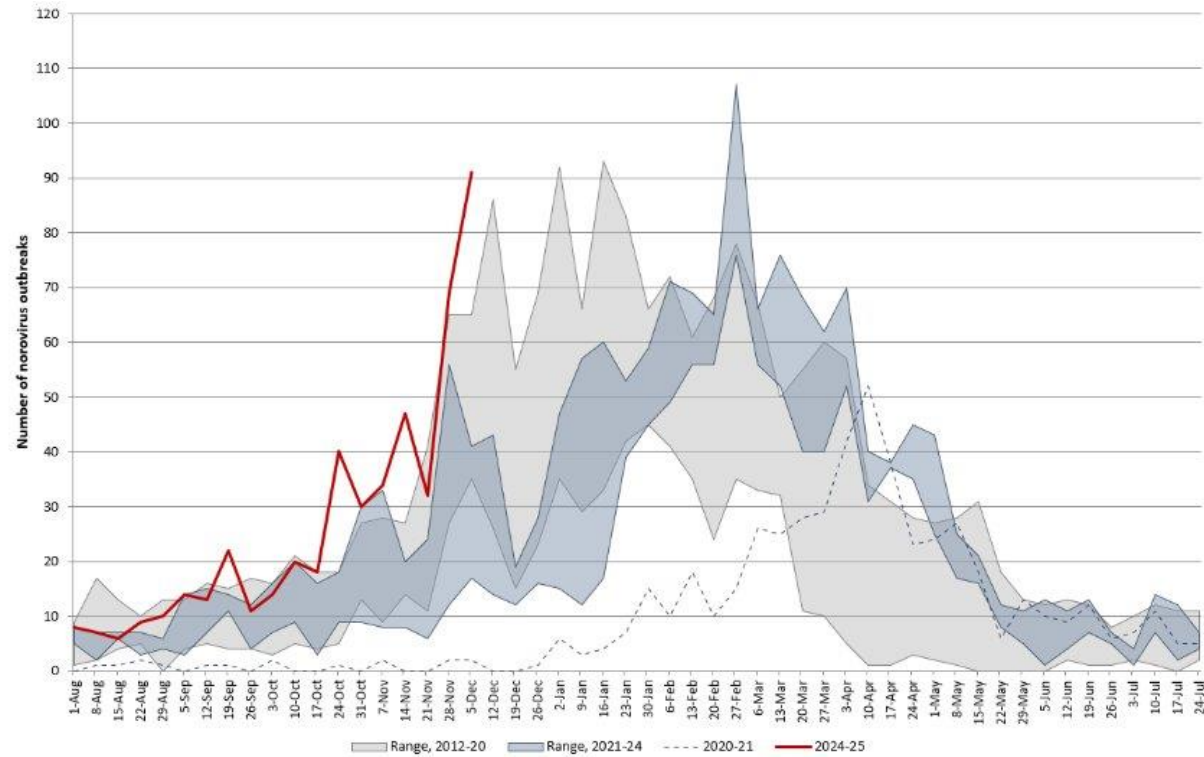
Current Respiratory Infections in NM

Respiratory Virus Infection Prevention

- Isolate. Isolate. Isolate.
- **WASH YOUR HANDS!!**
- Masking
 - Procedural mask for flu and RSV
 - N95 mask for COVID
- Please stay home if you're not feeling well!



Norovirus Outbreak



How how do we prevent Norovirus?

- Leading cause of vomiting and diarrhea, and foodborne illness in the US.
- Symptoms: body aches, diarrhea, fever, headache, nausea, stomach pain, and vomiting
- People of all ages can get infected and sick.
- Proper handwashing and high touch cleaning with BLEACH can help prevent the spread.
- No treatment. May require hospitalization.
- Staff must stay home if they're exhibiting symptoms.

A black and white photograph of many hands raised in the air, with a central white box containing text. The hands are of various skin tones and are positioned at different heights, creating a sense of a crowd or a group of people. The central white box has a thin orange border and contains the text "Any questions??" in a large, black, serif font. Below this text is a horizontal orange line. Underneath the line, the text "Have these hands been washed???" is written in a smaller, black, serif font. The background is slightly blurred, focusing attention on the hands and the central text.

Any questions??

Have these hands been washed???