

## Acute Respiratory Infections (ARI) in Aged Care

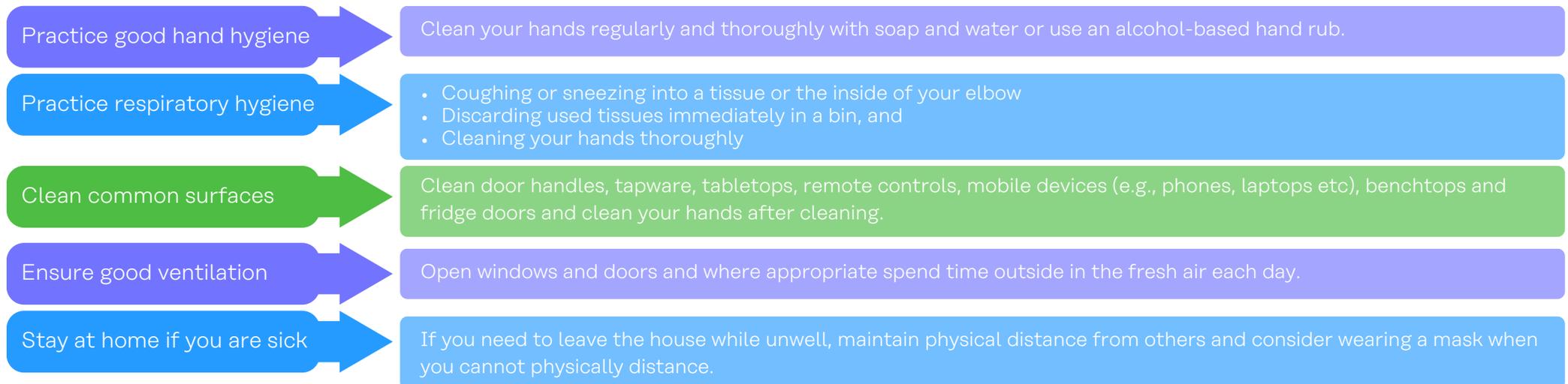
**Acute Respiratory Infections (ARI) are caused by respiratory pathogens including (but not limited to) SARS-CoV-2 (COVID-19), influenza virus, and respiratory syncytial virus (RSV).**

**ARI Definition:** Recent onset of new or worsening acute respiratory symptoms: cough, breathing difficulty, sore throat, or runny nose/nasal congestion, with or without other symptoms. Other symptoms may include:

- Headache, muscle aches (myalgia), fatigue, loss of appetite, nausea or vomiting and diarrhoea.
- Loss of smell and taste can also occur with COVID-19.
- Fever (over 37.5°C) can occur, however, is less common in elderly individuals.
- In the elderly, other symptoms to consider are: new onset or increase in confusion, change in baseline behaviour, falling, exacerbation of underlying chronic illness (e.g., shortness of breath in someone with congestive heart failure).



**Early infection prevention and control measures are critical in minimising the impact and spread of COVID, influenza and RSV and can save lives.**



**GET VACCINATED: Vaccination is encouraged for residents, employees and visitors in aged care homes to reduce the impact of ARI**

- Annual vaccination is the most effective way to reduce the impact of influenza
- COVID-19 vaccination remains the most effective protection against severe illness, hospitalisation and death from COVID-19.

It's good to be healthy.