

Keeping our clients safe

Important information about:

Rhinovirus

What is Rhinovirus?

Rhinovirus is the usual cause of the “common cold.”

What are the symptoms?

Symptoms include runny nose, sore throat, sneezing, watery eyes and tiredness.

Who is at risk?

Everyone.

How does it spread?

Rhinovirus is spread from person-to-person through contact with droplets from the nose and throat of infected people when they cough and sneeze, or from respiratory secretions from children with tracheostomies. It can also be spread through contact with objects that have been in contact with droplets from the nose/throat of infected people (e.g. tissues, hands, toys, countertops, etc.)

When do symptoms start?

From 12 hours to 5 days after coming in contact with the infection (usually around 48 hours).

How long is a person contagious?

It varies, but ranges from 7 to 10 days after symptoms start.

How is it treated?

There is no treatment for this infection. Doctors may suggest treating symptoms with over-the-counter medications.

How can I help reduce the spread of Rhinovirus?

- wash and sanitize your hands often
- stay home when you're sick
- cover your nose and mouth when you cough and sneeze
- avoid touching your eyes, nose and mouth with unwashed hands
- avoid close contact with people who are sick with Rhinovirus