

Breathing issues

... It's been a lung time coming!

UNIVERSITÉ
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TUBERCULOSIS

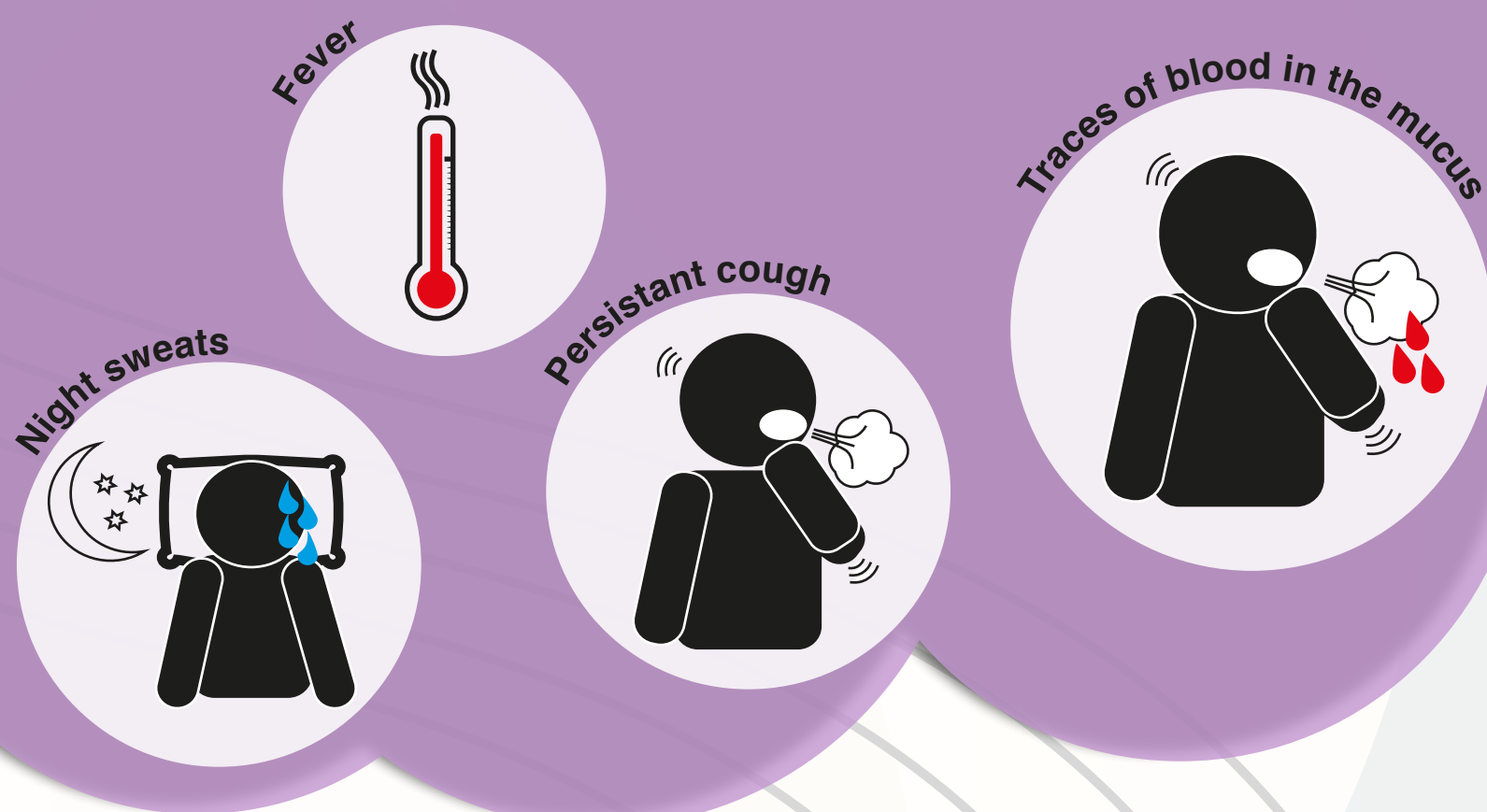
Tuberculosis is a contagious respiratory disease that can spread through the air in the form of tiny drops. It may be present in a person as latent tuberculosis, which is not contagious, or as active tuberculosis, which is both contagious and symptomatic.

The common symptoms are:

- Persistent cough with thick mucus lasting more than 3 weeks
- Fever ($\geq 38^{\circ}\text{C}$)
- Night sweats
- Traces of blood in the mucus
- Loss of energy
- Shortness of breath

If you have been in contact with a person who may have active tuberculosis or if you are presenting any of these symptoms:

- Wear a mask around other people, especially in a closed room
- Wash your hands regularly with soap and water, or hand sanitizer
- Contact a healthcare provider or call 811. You may need a Tuberculin Skin Test (TST) and a follow-up if necessary
- Inform everyone you have been in contact with so they can watch for symptom apparition;
- Contact your caseworker as needed, in order to obtain support, accompaniment to the hospital if necessary and referrals to find out what resource is available at the time to isolate yourself if you are homeless.



COVID-19

COVID-19 is a disease caused by a new coronavirus called SARS-CoV-2 which spreads easily from an infected person through coughing, sneezing, and/or talking. The virus may also live on surfaces that are frequently touched. The common symptoms are:

Group A: (1 symptom needed)

- Fever ($\geq 38^{\circ}\text{C}$)
- Chills
- Dry cough
- Loss of taste or smell

Group B: (2 symptom needed)

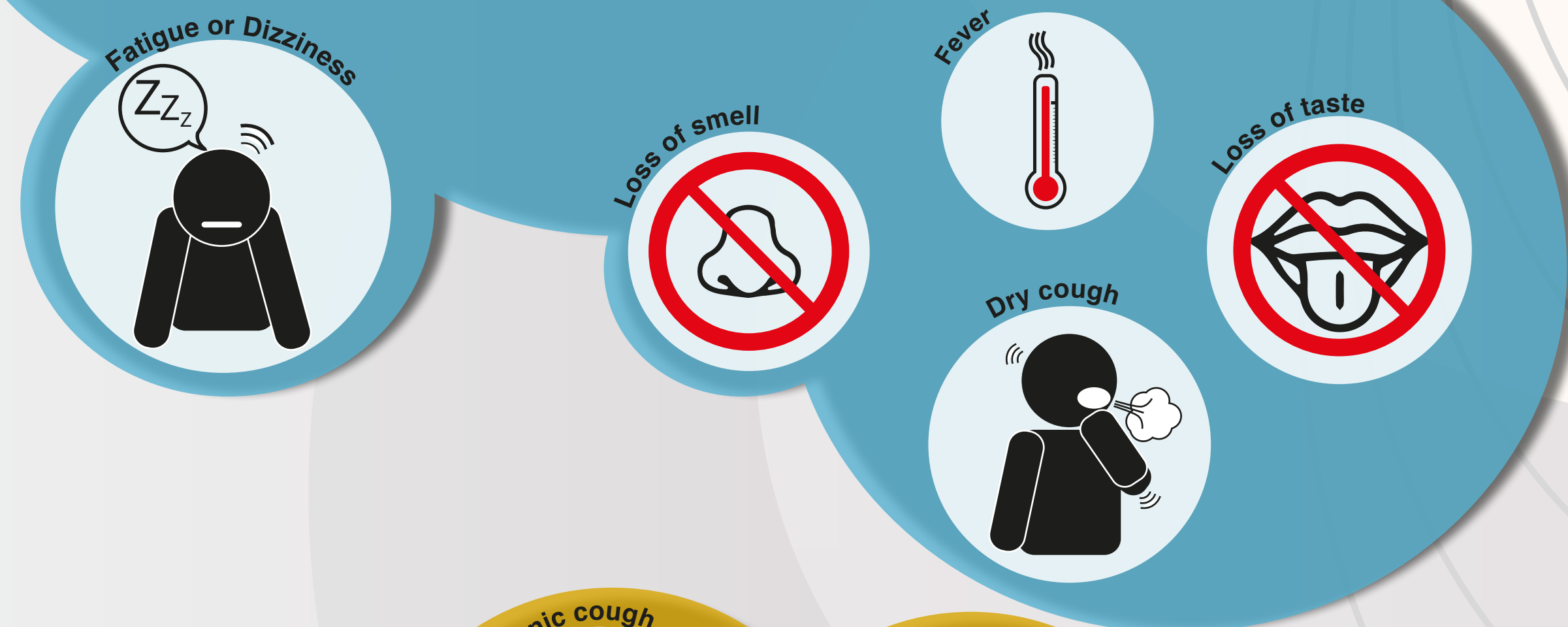
- Muscle or joint pain
- Fatigue or dizziness
- Headache
- Nausea or Vomiting or Diarrhea

Precautions to follow:

- Wear a mask in public
- Stay 2 meters away from another person
- Avoid crowds
- Avoid touching your face
- Wash your hands regularly with soap and water, or hand sanitizer
- Cough in your elbow or in a tissue

Go immediately to the emergency if you present with one of these symptoms: shortness of breath, confusion and/or persistent pain or pressure in the chest. If you have been in contact with a person who has COVID-19 or think you have it:

- Monitor yourself for symptoms
- Contact a healthcare provider or call 811
- Get tested, and then quarantine until you have received the test results
- If the test is negative, refer to our flu recommendations
- If the test is negative but you have been in contact with a positive COVID-19 person, it might have been done too early. Call 811 or contact a healthcare provider
- If the test is positive, or it is not possible to get tested, quarantine for 14 days
- Keep at least a 2 meters distance from other people. If living with other people, stay in a separate room if possible. If you share a room, place beds at least 1m apart. Keep the room well ventilated
- Contact your caseworker as needed, in order to obtain support, accompaniment to the hospital if necessary and referrals to find out what resource is available at the time to isolate yourself if you are homeless



THE FLU

The flu is a viral infection that is most common in the winter. It is not usually life-threatening, but can cause a serious lung infection called pneumonia, which can be deadly in some cases.

Symptoms* may present as:

- Fever ($\geq 38^{\circ}\text{C}$)
- Headaches or body aches
- Sore throat
- Extreme fatigue
- Cough
- Runny nose

*These symptoms are similar to COVID-19, it would be preferable to get tested.

Expect to feel better within 1-2 weeks. You should contact a healthcare provider or present yourself to the emergency room if any of the following symptoms appear:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Suddenly confused or dizzy
- Severe vomiting

Precautions to follow:

- Wear a mask
- Wash your hands regularly with soap and water, or hand sanitizer
- Cough in your elbow or in a tissue
- Keep a certain distance from symptomatic people
- Consider getting the yearly flu vaccine

If you have or think you have the flu:

- Wear a mask
- Get as much rest as possible
- Drink plenty of water (aim for 2L/day)
- If needed, Acetaminophen (Tylenol) can be taken for fever or for comfort.
- Contact your caseworker as needed, in order to obtain support, accompaniment to the hospital if necessary and referrals to find out what resource is available at the time to isolate yourself if you are homeless.



CRACK COUGH

Crack cough is a symptom that occurs due to the pulmonary damage caused by smoking crack.

The common symptoms are:

- Chronic cough, sometimes with blood
- Pain in the chest
- Itchy skin
- Black or dark brown sputum (mucus)
- Difficulty breathing

Precautions to follow:

- If you wish to consume crack, but are inconvenienced by the cough associated with consumption, it may be preferable to favor the use of new equipment and the use of filters, which are available in harm reduction equipment distribution sites, such as at Plein Milieu's Fixed Site.
- Seek substance use support groups or programs for drug users.

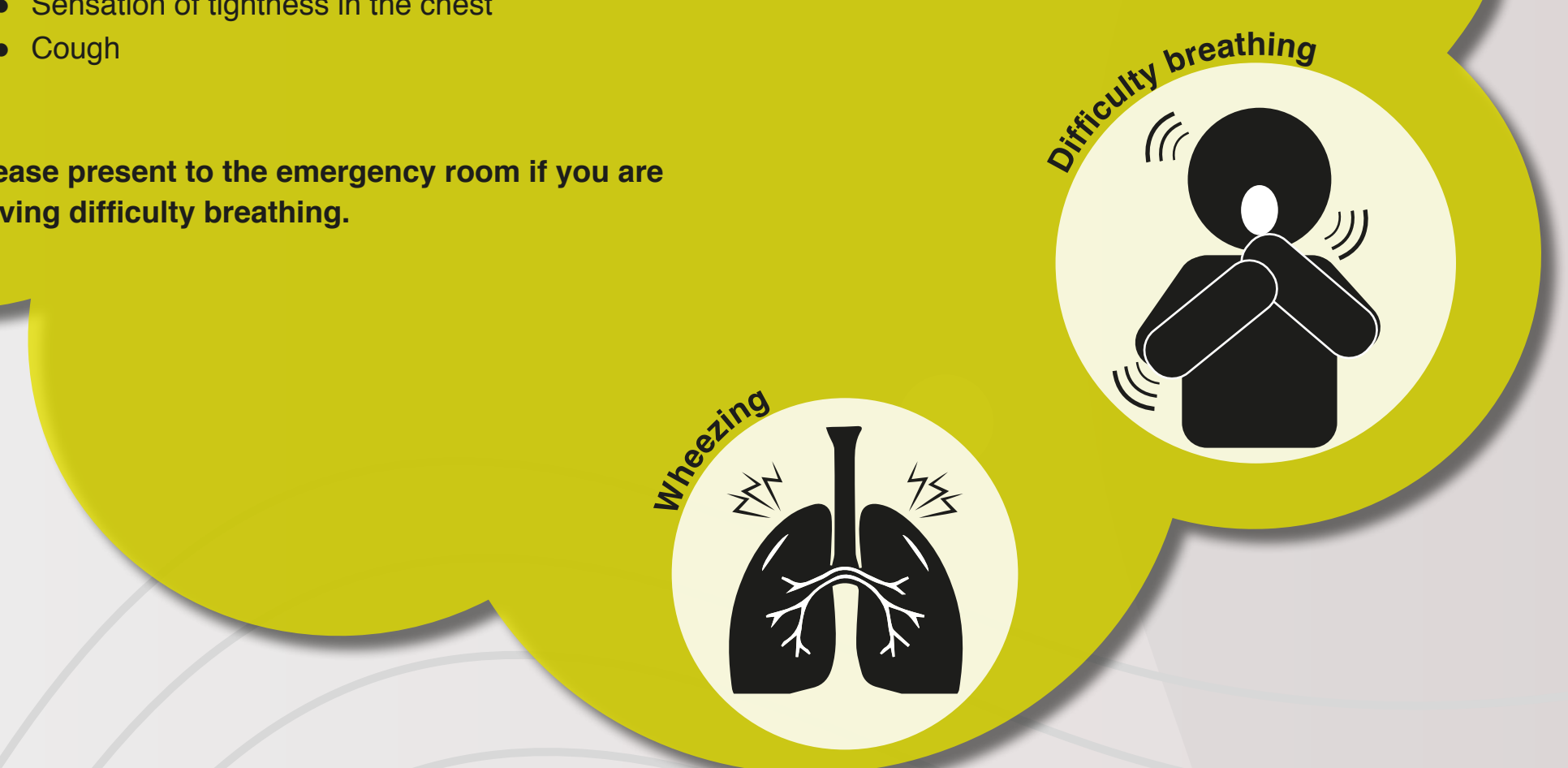
ASTHMA

At times, crack cough may be confused with asthma. Asthma is a disease which causes your airways to narrow in response to triggers such as allergies, exercise, or others. Asthma manifests itself through episodes which can usually be treated with prescribed medication.

The common symptoms are:

- Shortness of breath
- Wheezing, which is a whistling sound when you breathe
- Difficulty breathing
- Sensation of tightness in the chest
- Cough

Please present to the emergency room if you are having difficulty breathing.



Please note these are student products. Although we strive to ensure the products are accurate, ethical and credible, by using the products, the user is responsible for possible errors, omission and outcomes that can be present inadvertently.

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