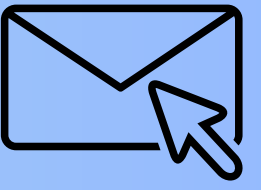


September 2025

# Monthly Newsletter



## WHAT'S NEW FROM THE IPAC HUB

### Revamped voiceover presentations

[HaltonIPACHub.com](https://HaltonIPACHub.com)

- IPAC basics
- Point of care risk assessment
- Environmental cleaning & disinfection

### New fact sheets available!

[HaltonIPACHub.com](https://HaltonIPACHub.com)

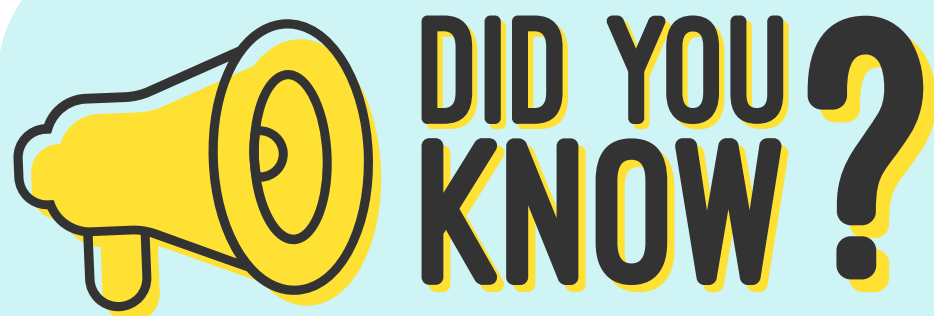
- IPAC cleaning tips
- General cleaning of resident room
- What is auditing

This Fall, make infection prevention a priority - [book](#) your Fall IPAC Assessment!

## IPAC WEEK is Coming!

### This year celebrate IPAC Week with the Hub

- Raffles - gift cards & gift baskets
- Educational resources
- Book us for some IPAC fun and games



Infection Prevention and Control is celebrated for an entire week from October 20th to 24th!

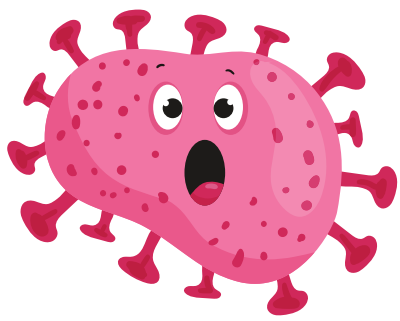
IPAC Week is all about raising awareness on the importance of infection prevention in keeping everyone safe



for more details from  
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# BUG OF THE MONTH: RHINOVIRUS



## WHAT IS IT?

- Rhinovirus is a respiratory virus and is the most frequent cause of the common cold
- Most infections are mild or asymptomatic, but they can cause serious illness in people with weakened immune systems, asthma, or other underlying medical conditions
- Rhinovirus circulates year-round, and peaks in early fall and spring

## SIGNS AND SYMPTOMS

- Common signs and symptoms include:
  - runny nose, nasal congestion, sneezing, cough, sore throat, headache, mild body aches, fever
- Possible complications include:
  - asthma exacerbations, wheezing, ear infections, sinus infections, bronchiolitis, bronchitis, pneumonia

## DID YOU KNOW?

- Incubation period ranges from 12 - 72 hours
- Infection can spread before symptoms appear
- Rhinovirus infections may not show any symptoms
- Symptoms, if present, last under 7 days but can extend to 2 weeks, and resemble those of other respiratory infections
- Vulnerable groups are at higher risk of severe illness
- There is no vaccine to prevent rhinovirus infection

## TRANSMISSION

- Respiratory viruses like Rhinovirus spread via droplet and contact transmission, from respiratory secretions of infected individuals
- **Droplets** are generated when a person coughs, sneezes, or speaks
- Spread can occur through **direct or indirect contact**, such as touching contaminated surfaces and then touching the face with unwashed hands

## IPAC CONSIDERATIONS

- Follow **Droplet-Contact Precautions** for affected resident
- Perform proper hand hygiene for a minimum of 15 seconds
- Follow the four moments of hand hygiene
- Perform point of care risk assessment
- Disinfect high-touch surfaces and shared items

## IPAC CONSIDERATIONS

- Draw privacy curtain for infected resident if sharing accommodation
- Cover your mouth when coughing or sneezing; consider wearing a mask
- Maintain physical distancing
- Stay at home if you are sick



# FEEDBACK SURVEY

Please scan the QR code with your cell phone camera and provide the IPAC Hub with feedback and topic suggestions. Thank you!

[Survey Link](#)

## REFERENCES

About rhinoviruses. (2024, April 24). Rhinoviruses.  
<https://www.cdc.gov/rhinoviruses/about/index.html>

Preventing respiratory illnesses. (2025, August 18).  
Respiratory Illnesses.  
<https://www.cdc.gov/respiratory-viruses/prevention/index.html>

## RESOURCES

**Rhinovirus:**

[Centers for Disease Control and Prevention:  
About Rhinoviruses](#)