

# Viral Syndrome

## What is it?

- **Viral Syndrome**– when a virus makes you ill, there are 100's of different types of viruses that can cause the flu, colds, shingles, measles, and the general feeling of not being well; a combination of symptoms that are common in a viral infection where the specific virus has not been identified



- **Common Names**- acute viral syndrome, viral illness, viral syndrome
- **CFS**- chronic fatigue syndrome is referred to as post-viral fatigue syndrome/PVFS when the condition arises following a flu-like illness
- **Chronic**- must last longer than 6 months

## Symptoms:

- **Symptoms**- fever, joint pains, muscles aches, fatigue, headache, sinus congestion, sore throat, cough, nausea, swollen glands, rash, vomiting, diarrhea, anorexia/poor appetite, chest pain, chills, difficulty breathing, fatigue, weakness, wheezing, stomach pain



## Facts:

- **Caused by**- common cold, mononucleosis, influenza, viral gastroenteritis, viral meningitis, viral pharyngitis, viral upper respiratory infections URI/Upper Respiratory Infection in children
- **Chronic Viral Infections**- long lasting viral infections as rhinovirus/common cold, meningitis

## What can I do?

- **See your Health Care Provider**- for more information
  - **Treatment**- rest, plenty of fluids, acetaminophen or nonsteroidal anti-inflammatory medications for pain and fever
  - Tests- CBC/Complete Blood Count, Polymerase Chain Reaction/PCR, 4-fold increase in serum antibody titers, rapid antigen tests, viral culture
- **See a Registered Dietitian**- for help as needed with adding fluids, to try and increase intake to increase appetite, healthy eating and drinking for prevention, practice good hand washing

