



# Viral Infections

Health Information  
April 2025



Good morning April! Spring is officially here and warm weather is on its way. We are blessed to see the many colors of spring. Remember that April showers bring May flowers.

This month I thought it would be a good idea for me to talk about Viral Infections. My information came from mayo clinic, medline plus, clevelandclinic.org, and socialhealthnetwork.com

I pray you find this information helpful and/or interesting.

**What are viruses?** Viruses are tiny germs that are made up of genetic material inside a protein coating. Did you know there are a huge number of virus on earth but only a small amount can infect humans?

## **What are some viruses that make us sick?**

- Cold
- Flu
- Stomach bug
- Covid-19
- HPV
- Hepatitis B and C
- HIV
- Chicken Pox
- Norovirus
- Malaria
- Rabies
- Plus many more

## How can viruses spread?

- Through droplets and particles that are breathed out by someone who has the infection
- By touching surfaces or objects that have the virus on them and then touching our mouths, nose, or eyes
- Contaminated water or food
- Being bitten by an infected animal or insect.

## Some ways to prevent viral infections?

- Proper handwashing. Singing happy birthday twice while washing your hands and using soap.
- Pay attention to food safety
- Vaccines are available for some viral infections
- Cleaning surfaces that may be infected with germs
- Avoid contact with wild animals or animals that look to have a virus. Don't pet the cute bat or the foaming mouth raccoon.



- Prevent insect bites by using repellent when you go outdoors. If you travel where there is a high risk of disease from insect bites wear long pants, shirts, and socks.
- Avoid contact if possible with people who are sick.

## What are some symptoms of viral infections?

- Flu-like symptoms: fever, head and body aches, fatigue
- Upper respiratory symptoms: sore throat, coughing, sneezing
- Digestive symptoms: nausea, vomiting, diarrhea
- Skin conditions: rashes, sore, blisters, warts
- Many viral infections DO NOT cause any symptoms

## What are some complications of viral infections?

- Inflammation in your lungs
- Inflammation in your brain or its lining
- Severe bleeding
- Reactivation
- Cancer

## When should I see my healthcare provider?

- Symptoms are not getting better or they are getting worse
- Symptoms of flu or COVID and you are at risk for a serious illness. Your provider might be able to treat you with antiviral medications.
- You have been exposed to HIV, rabies, Hepatitis B or chickenpox
- Fever over 103 degrees Fahrenheit-GO TO ER
- Difficulty breathing-GO TO ER
- Chest Pain-GO TO ER
- Coughing up blood-GO TO ER
- Severe stomach pain-GO TO ER
- Confusion or mental changes-GO TO ER

## Questions I should ask my doctor:

- How long with this virus last?
- How do I prevent spreading the virus to others?
- If you are prescribed medications ask: How do I take/use my medication?
- How can I manage my symptoms at home?
- When do I need to follow up with you?



Thank you for taking time to ready April's health information. I hope you find this information helpful. Please let me know if you have any questions or concerns. Have a wonderful and blessed day. Please enjoy **The Dash** and I included a picture of Fr. Paul Clark, my daughter Darcci, and I from a Half Marathon/5K/10K St. Paddy's race. Fr. Paul completed a half marathon and was able to improve by 30 minutes since his last race. Darcci and I completed a 5K. It was a wonderful time.

Blessings,  
Danielle L Freie



# *The Dash*

by Linda Ellis

I read of a man who stood to speak at the funeral of a friend. He referred to the dates on the tombstone from the beginning...to the end.

He noted that first came the date of birth and spoke of the following date with tears, but he said what mattered most of all was the dash between those years.

For that dash represents all the time they spent alive on earth and now only those who loved them know what that little line is worth.

For it matters not, how much we own, the cars... the house...the cash. What matters is how we live and love and how we spend our dash.

So think about this long and hard; are there things you'd like to change? For you never know how much time is left that can still be rearranged.

To be less quick to anger and show appreciation more and love the people in our lives like we've never loved before.

If we treat each other with respect and more often wear a smile...remembering that this special dash might only last a little while.

So when your eulogy is being read, with your life's actions to rehash...would you be proud of the things they say about how you lived your dash?