Respiratory Virus Guidance Snapshot

Core prevention strategies

Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



Additional prevention strategies

Masks









*Stay home and away from others until, for 24 hours BOTH:







Your symptoms are getting better

You are fever-free (without meds)



Then take added precaution for the next 5 days

Layering prevention strategies can be especially helpful when:

- Respiratory viruses are causing a lot of illness in your community
- You or those around you have risk factors for severe illness
- You or those around you were recently exposed, are sick, or are recovering

Cdc Health Guidelines

SA Dillow



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