

Respiratory Virus Guidance Snapshot

Core prevention strategies

CORE STRATEGIES

Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



ADDITIONAL STRATEGIES

Additional prevention strategies

Masks



Distancing



Tests



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



Your symptoms are getting better



You are fever-free (without meds)

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



Then take added precaution for the next 5 days