

# Respiratory Virus Guidance Snapshot



## Core prevention strategies

### Immunizations



### Hygiene



### Steps for Cleaner Air



### Treatment



### Stay Home and Prevent Spread\*



## Additional prevention strategies

### Masks



### Distancing



### Tests



### 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

**\*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**