

# Respiratory Virus Guidance Snapshot



## Core prevention strategies

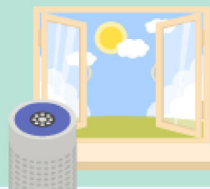
### Immunizations



### Hygiene



### Steps for Cleaner Air



### Treatment



### Stay Home and Prevent Spread\*

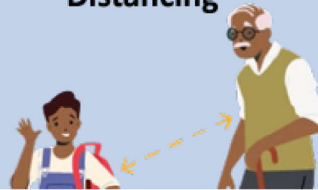


## Additional prevention strategies

### 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**