

Dickinson

Respiratory Virus Guidance

Respiratory viruses (e.g. Flu, RSV, and COVID-19) spread quickly, and can sometimes lead to serious health complications in others. Take action to protect yourself and others from health risks caused by respiratory viruses:

Respiratory Virus Guidance Snapshot

The infographic is divided into two main sections: 'Core Prevention Strategies' and 'Additional Prevention Strategies'. The 'Core' section includes five categories: Immunizations (illustrated with a woman), Hygiene (illustrated with people at a sink), Steps for Cleaner Air (illustrated with a window and air purifier), Treatment (illustrated with a man on a phone and a pill bottle), and Stay Home and Prevent Spread* (illustrated with a woman in bed). The 'Additional' section includes three categories: Masks (illustrated with a woman wearing a mask), Distancing (illustrated with two people), and Tests (illustrated with a woman using a nasal swab). A callout box on the right provides specific guidance: '*Stay home and away from others until, and Your symptoms are getting better and You are fever-free (without meds) for 24 hrs. Then take added precaution for the next 5 days'. The CDC logo is in the bottom right corner.

CORE STRATEGIES

Core Prevention 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, and Your symptoms are getting better and You are fever-free (without meds) for 24 hrs. Then take added precaution for the next 5 days

CDC

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

03/01/2024: Isolation and quarantine guidelines changed for COVID-19. [Click here](#) for more information.

When you may have a respiratory virus

Stay home and away from others (including people you live with who are not sick) if you have respiratory virus symptoms that aren't better explained by another cause. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache, [among others](#).

You can go back to your normal activities when, for at least 24 hours, both are true:

- Your symptoms are getting better overall, **and**
- You have not had a fever (and are not using fever-reducing medication).

When you go back to your normal activities, take added precaution over the next 5 days, such as taking additional [steps for cleaner air](#), [hygiene](#), [masks](#), [physical distancing](#), and/or [testing when you](#) will be around other people indoors.

- Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were.
- If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until, for at least 24 hours, both are true: your symptoms are improving overall, and you have not had a fever (and are not using fever-reducing medication). Then take added precaution for the next 5 days.

Source: <https://www.cdc.gov/respiratory-viruses/prevention/index.html>