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

* You can go back to your normal activities when, for at least 24 hours, both:
  - Your symptoms are getting better,
  - You haven’t had a fever.

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