

PROTECT YOURSELF AND OTHERS FROM RESPIRATORY ILLNESSES

CORE PREVENTION MEASURES

Stay up to date with vaccinations including COVID-19, flu, and RSV (if eligible).



Improve indoor air quality by opening windows and using the fan or your AC.



Practice good hygiene by covering coughs and sneezes, washing hands often, and cleaning frequently touched surfaces often.



Stay home and away from others when sick to prevent others from getting sick.



Get treatment if you have flu or COVID-19 and are at increased risk for severe illness.



ADDITIONAL PREVENTION MEASURES

These can be helpful when there is a lot of illness in your community, when you or those around you have risk factors for severe illness, or if you were recently exposed, are sick, or are recovering from respiratory illness.

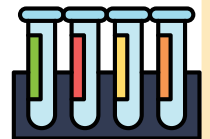
Masking



Keeping Distance from Others



Testing



WHAT TO DO WHEN YOU'RE SICK

If You're Sick, Stay Home

- When you have symptoms of a respiratory virus, **stay home** and away from others.
- You can go back to your normal activities when, for at least 24 hours:
 - Your symptoms are getting better overall **AND**
 - You have not had a fever (and are not using fever-reducing medication)



Take Additional Prevention Measures

Once you go back to normal activities, take **additional measures for five more days** in case you're still able to spread the virus. These measures include:

- Keeping distance from others
- Getting tested when you want to be around others indoors
- Wearing a well-fitting mask when around others

DON'T FORGET ABOUT TREATMENT

If you have COVID-19 or flu and are at higher risk for severe illness, talk with a healthcare provider as soon as symptoms start to see if prescription treatment is right for you. Treatment is most effective when taken within a few days of when symptoms start.

