

Respiratory Virus Guidance Snapshot

Core prevention strategies

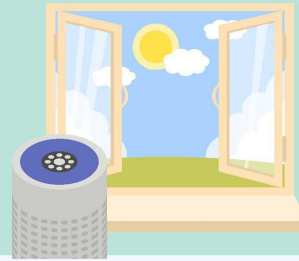
Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*

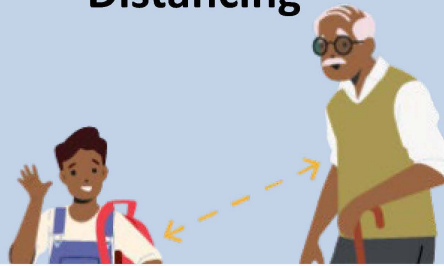


Additional prevention strategies

Masks



Distancing



Tests



***Stay home and away from others until, for 24 hours BOTH:**



Your symptoms are getting better



You are fever-free (without meds)

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



Then take added precaution for the next 5 days

*Per Kansas state regulation 28-1-6, physician diagnosed influenza cases shall remain in home isolation for 5 days from onset of symptoms.