

# Respiratory Virus Guidance from the CDC

Huron County



Public Health

*The Centers for Disease Control and Prevention (CDC) Respiratory Virus Guidance provides practical recommendations and information to help people lower health risks posed by a range of common respiratory viral illnesses, including COVID-19, flu, and RSV.*

## If You Get Sick

- **Common symptoms of a respiratory virus include, but are not limited to:** fever, chills, cough, runny or stuffy nose, headache, chest discomfort, decrease in appetite, fatigue (tiredness), muscle or body aches, new loss of taste or smell, sneezing, sore throat, vomiting, weakness, wheezing.
- **Step 1: If you are having symptoms of a respiratory virus, stay at home.** As much as possible, you should stay home and away from others until at least 24 hours after both:
  - Your symptoms are getting better overall, and
  - You have not had a fever (and are not using fever-reducing medication).
- **Consider seeking treatment from a healthcare provider,** especially if you are at higher risk for severe illness (ie., older adults, young children, pregnant people, people with weakened immune systems, or people with disabilities).
- **If you test positive for a respiratory virus and don't have symptoms, use precaution for the next 5 days.** This advice is similar to what has been recommended for flu for decades and will help reduce the spread of COVID-19 and other respiratory viruses during the most contagious period after infection. Not all respiratory virus infections result in a fever, so paying attention to other symptoms (cough, muscle aches, etc.) is important as you determine when you are well enough to leave home. If your symptoms are getting better, and stay better for 24 hours, you are less likely to pass your infection to others and you can start getting back to your daily routine and move on to step 2.
- **Step 2: Resume normal activities, and use added prevention strategies** over the next five days, such as taking more steps for cleaner air, enhancing your hygiene practices, wearing a well-fitting mask, keeping a distance from others, and/or getting tested for respiratory viruses. People can choose to use these prevention strategies at any time. Since some people remain contagious beyond the “stay-at-home” period, taking added precautions can lower the chance of spreading respiratory viruses to others.

## Prevention Strategies

- **Stay home and away from others** if you feel sick.
- **Practice good hygiene** by covering coughs and sneezes, washing or sanitizing hands often, and cleaning frequently-touched surfaces.
- **Taking steps for cleaner air,** such as bringing in more fresh outside air, purifying indoor air, or gathering outdoors.
- **Stay up-to-date with vaccination** to protect people against serious illness, hospitalization, and death. This includes flu, COVID-19, and RSV if eligible.
- **Continued respiratory virus guidance is available on the CDC website** at [bit.ly/3P8t9Zk](https://bit.ly/3P8t9Zk)

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Visual Adapted and modified from Sandusky County Public Health

**\*SOME COVID-19 AT HOME TEST KIT EXPIRATION DATES HAVE BEEN EXTENDED\***

Visit [bit.ly/covidtestextension](https://bit.ly/covidtestextension) to check your kits' expiration dates before using or disposing of test kits