

CDC Updates and Simplifies Respiratory Virus Recommendations - March 2024



New Approach

The new guidance brings a unified approach to addressing risks from a range of common respiratory viral illnesses, such as COVID-19, flu, and RSV, which can cause significant health impacts and strain on hospitals and health care workers.



Core Prevention Steps

Stay up-to-date with vaccinations.
Practice good hygiene.
Take steps to have cleaner air (more fresh air, air purifiers, etc.).

If you are sick with a respiratory virus...

When people get sick with a respiratory virus, the updated guidance recommends that they stay home and away from others. For people with COVID-19 and influenza, treatment is available and can lessen symptoms and lower the risk of severe illness. **The recommendations suggests returning to normal activities when, for at least 24 hours, symptoms are improving overall, and if a fever was present, it has been gone without use of a fever-reducing medication.**



Once people resume normal activities, they are encouraged to take additional prevention strategies for the next 5 days to curb disease spread, such as taking more steps for cleaner air, enhancing hygiene practices, wearing a well-fitting mask, keeping a distance from others, and/or getting tested for respiratory viruses. Enhanced precautions are especially important to protect those most at risk for severe illness, including those over 65 and people with weakened immune systems.



Key Times for Prevention

There is a lot of illness in your community.
You or people that you are around have been exposed to a respiratory virus.
You or the people that you around have risk factors for severe illness.
**Follow the Core Prevention Steps



Remember...

If you are unsure about the health condition or risk status of those around you, the most protective option is choosing to use additional prevention strategies, like masking, physical distancing, and testing.

