



HACAP Respiratory Virus Guidance

Updated 03/29/2024 - For Internal Staff Release

This guidance is taken from the Centers for Disease Control and Prevention (CDC). The purpose of this document is to provide guidance to HACAP employees on HACAP's continued respiratory illness mitigation efforts.

Core Prevention Strategies

- ✓ Immunizations
- ✓ Hygiene
- ✓ Steps for Cleaner Air
- ✓ Treatment of Symptoms
- ✓ 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

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

- Your symptoms are getting better
- You are fever-free (without meds)

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.

Respiratory Virus Guidance Snapshot

Core prevention strategies

CORE STRATEGIES

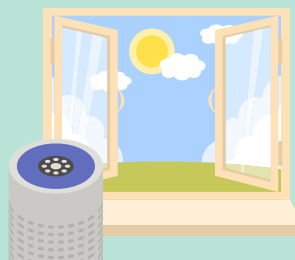
Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



ADDITIONAL STRATEGIES

Additional prevention strategies

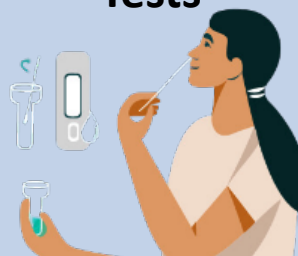
Masks



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