



LEKT Respiratory Virus Guidance

Sick with COVID or a respiratory virus?
You need to stay home and isolate for as long as you are sick.
There is no set number of days that you must stay home.

How to Prevent Respiratory Illnesses

- Stay up to date on your vaccinations(COVID, Flu, RSV, Pneumonia, etc.)
- Talk to your healthcare provider about what vaccines you should get
- Cover your coughs and sneezes
- Wash and sanitize your hands often
- Regularly clean frequently touched surfaces
- Bring in fresh air from the outside
- Purify indoor air
- Gather outdoors instead of inside
- Wear a mask when gathering indoors
- Physically distance yourself from others, especially those who are sick
- Avoid crowded places

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



LEKT Respiratory Virus Guidance

If YOU are Sick with a Respiratory Virus

STAY HOME WHEN YOU ARE SICK

Stay home and away from others (including people you live with who are not sick). If you have respiratory virus symptoms that are more than allergies. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache, among others.

When to Return to Normal Activities

You can go back to your normal activities when, both are true:

- Your symptoms are getting better overall for the past 24 hours,

AND

- You have not had a fever for the past 24 hours (and are not using fever-reducing medication)

Precautions

For the next 5 days, take additional steps for bring in cleaner air to your space, wash hands often, **mask around others**, practice physical distancing, and/or testing when you will be around other people indoors.

Keep in mind, you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors, like how long you were sick or how sick you were.

If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until: Your symptoms are improving overall for the past 24 hours, and you have not had a fever for the past 24 hours (and are not using fever-reducing medication). Then take added precautions for the next 5 days.



LEKT Respiratory Virus Guidance

for
Infants and those
unable to wear
mask

If YOU are Sick with a Respiratory Virus

STAY HOME WHEN YOU ARE SICK

Stay home and away from others (including people you live with who are not sick). If you have respiratory virus symptoms that are more than allergies. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache, among others.

When to Return to Normal Activities

You can go back to your normal activities when, both are true:

- Your symptoms have been gone for the past 24 hours,

AND

- You have not had a fever for the past 24 hours (and are not using fever-reducing medication)

Precautions

For the next 5 days, take additional steps for bring in cleaner air to your space, wash hands often, practice physical distancing.

Caregivers: wash hands more often, especially when caring for other infants

Keep in mind, you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors, like how long you were sick or how sick you were.

If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until: Your symptoms are improving overall for the past 24 hours, and you have not had a fever for the past 24 hours (and are not using fever-reducing medication). Then take added precautions for the next 5 days.