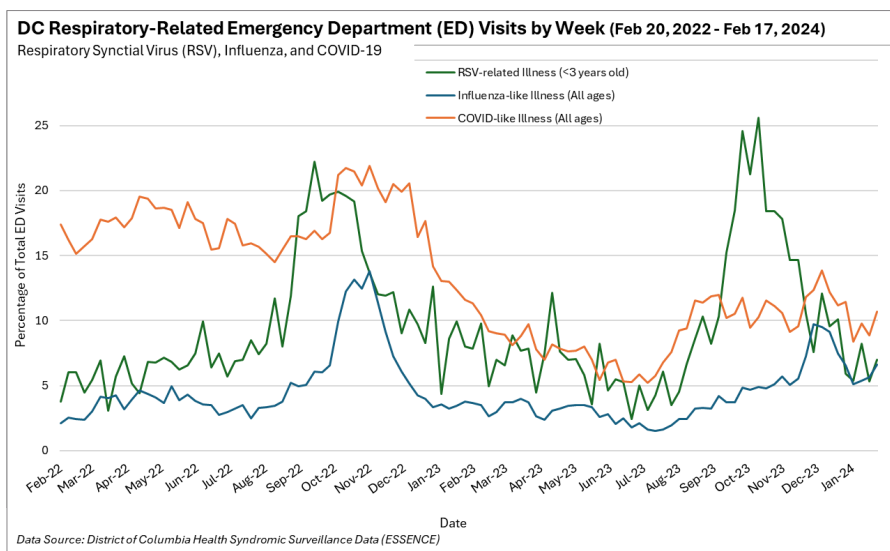


What You Need to Know About Respiratory Illness Guidance for COVID-19, Flu & RSV

March 2024

DC Health continues to emphasize the importance of vaccinations, practicing good hygiene, assessing individual risks, and staying away from others when possible to avoid the continued spread of any virus. While the viruses still pose the same threat, our circumstances have improved with more prevention and treatment tools to mitigate the impact, and as a result, guidance has been modified.

COMMUNITY DATA

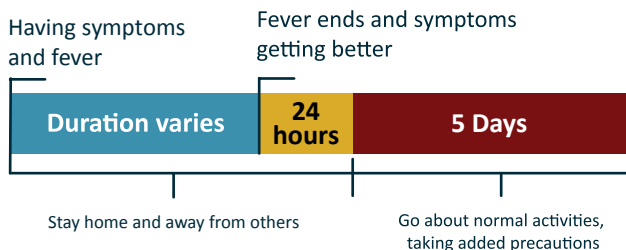


RSV-related illness, COVID-like illness, and influenza-like illness graphed together over the past two years. Similar to CDC data, we can see how COVID-like illness in DC has decreased over time and is now in the range of those for influenza and RSV. It is also following a more seasonal pattern in alignment with the other respiratory conditions shown in the graph.

WHAT TO DO IF YOU GET SICK

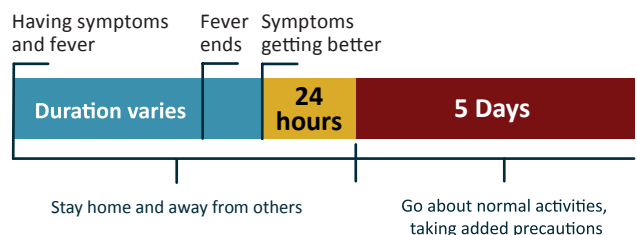
Stay home 24 hours if you test positive but feel fine.

Person with fever and other symptoms.

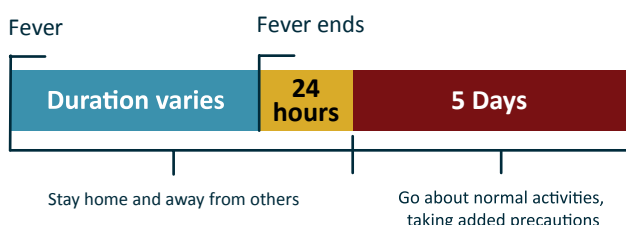


Person with fever and other symptoms.

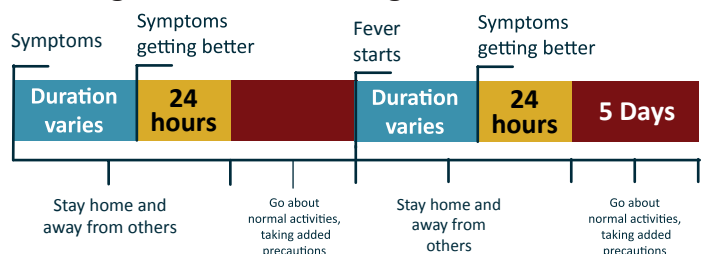
Fever ends, but other symptoms take longer to improve.



Person with fever and no other symptoms.



Person gets better and then gets a fever.



THINGS TO DO TO PREVENT GETTING SICK



Stay home if you are sick

If you are not feeling well, the best thing you can do is stay home and away from others. The CDC has advised that you return to your normal activities only after you've been free of fever and feeling better for 24 hours without medication.



Stay current on vaccinations

It's important to keep up with vaccinations which are updated to match the current virus strains. Vaccinations are our first line of defense against severe illnesses and have been crucial in keeping our hospitalization and death rates low. Let's all ensure we're up to date with our flu, COVID-19, and, if eligible, RSV vaccinations. **Protecting ourselves also means protecting those around us.**



Practice good hygiene

Hygiene is our daily protection against viruses. Something as simple as washing our hands regularly, covering our mouths when we cough or sneeze, and keeping our surroundings clean can make a significant difference in preventing the spread of illness. **Let's make these**

practices a habit, for our health and the health of our community.



Ensure good ventilation

The air we breathe indoors can greatly reduce the risk of spreading viruses. I encourage businesses and public facilities to increase ventilation with outdoor air and consider air purifiers. Whenever possible, let's choose outdoor gatherings to minimize risk. **Cleaner air means a healthier DC.**



Be cautious after illness

Even after you start feeling better, continue to take precautions for at least five days. Wear masks, maintain distance where possible, and keep up with those good hygiene practices. **These steps are especially crucial to protect the most vulnerable among us.**



Protecting high risk groups

Look out for older adults, young children, those with compromised immune systems, people with disabilities, and pregnant individuals. **Following the CDC's guidance is a way we show our care and respect for everyone's well-being.**

For more information about respiratory illnesses,
please visit: dchealth.dc.gov/page/respiratory-diseases.