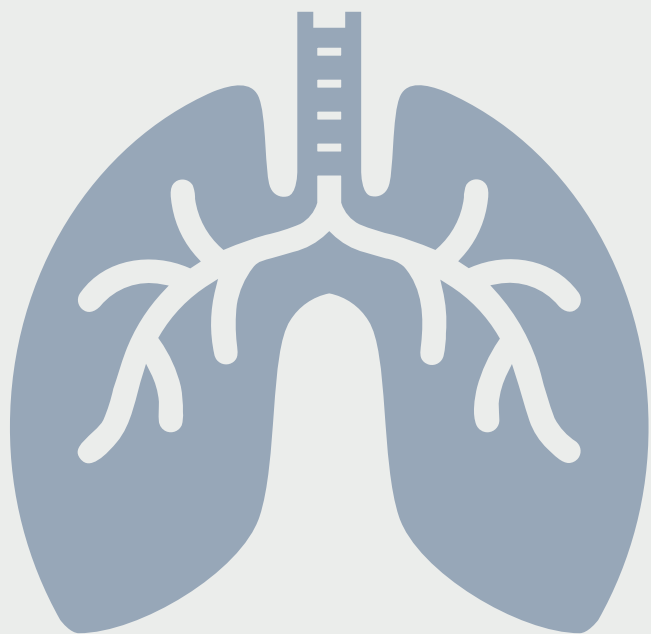


CDC UPDATED COVID-19 GUIDANCE 2024



UPDATED RESPIRATORY VIRUS GUIDANCE

Due to the decreasing risk that COVID-19 poses to the population, CDC released an updated Respiratory Virus Guidance in the spring of 2024 to replace previous community-based recommendations for COVID-19.

This Guidance includes strategies to protect people at the highest risk of getting seriously ill and provides recommendations for people with viral respiratory illnesses, including COVID-19, flu, and RSV.

PROTECTION FROM GETTING SICK

The most important thing to do for protection from COVID-19, flu, and RSV is to **stay up to date on recommended vaccines**. Even when vaccines do not prevent infection, they often “tame” viruses which can reduce the severity of illness and prevent worst outcomes like hospitalization and death.

Along with vaccines, practicing good hygiene by covering coughs and sneezes, washing or sanitizing hands often, and cleaning frequently touched surfaces can help.

Taking steps for cleaner air can help reduce the spread of respiratory viruses. This can mean bringing in fresh air by opening a window, purifying indoor air, or having outdoor social activities.

WHEN SICK

STEP 1:

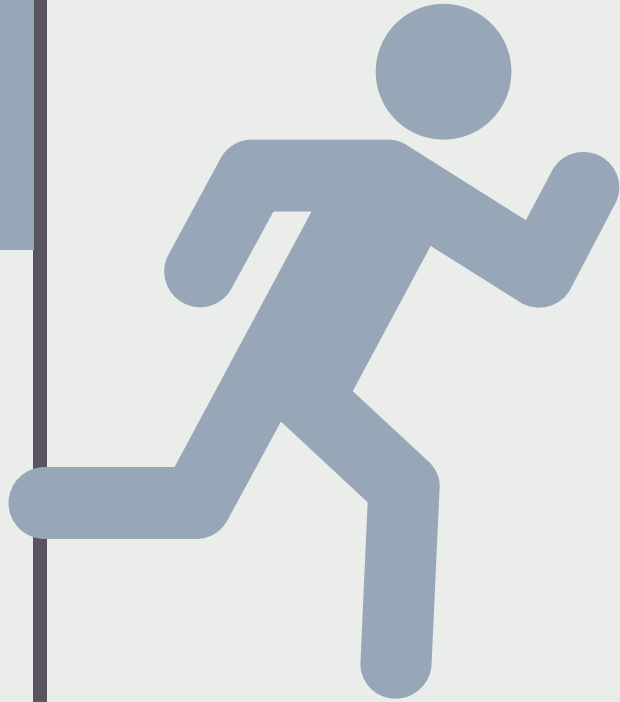
STAY AT HOME

As much as possible, stay at home and away from others until at least 24 hours after both:

- symptoms are getting better, ***and***
- there has been no fever (without the use of fever reducing medication).

Following this advice will reduce the spread of COVID-19 and other respiratory viruses during the most contagious period after infection.





WHEN SICK STEP 2: RESUME NORMAL ACTIVITIES

AND USE ADDED PREVENTION STRATEGIES.

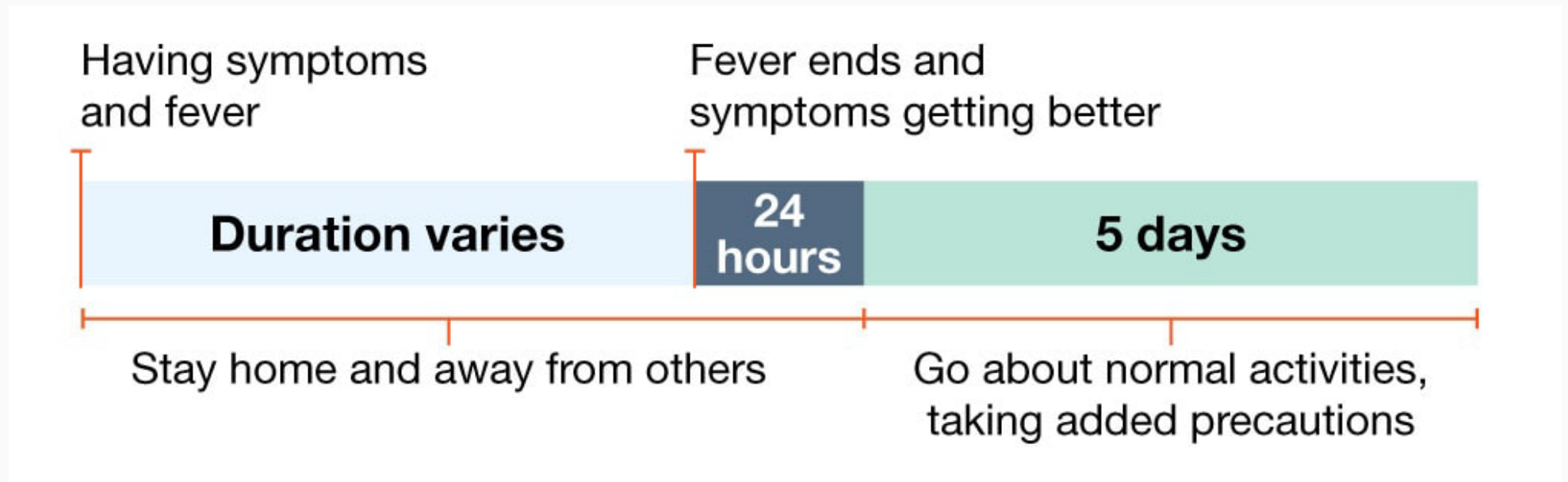
After passing Step 1, for the next 5 days, follow these strategies:

- ☐ wear a well-fitting mask
- ☐ keep appropriate distance from others
- ☐ enhance hygiene practices
- ☐ take more steps for cleaner air

Since some people remain contagious beyond the “stay-at-home” period, taking added precautions can lower the chance of spreading respiratory viruses to others.

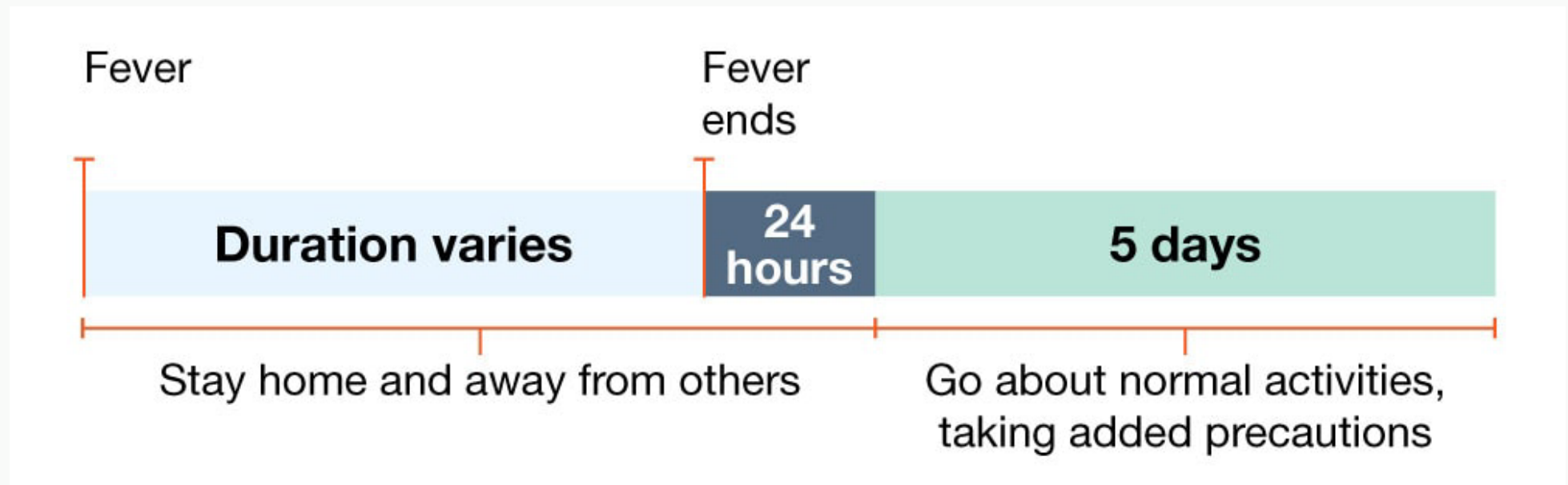
Example 1:

Person with fever and symptoms

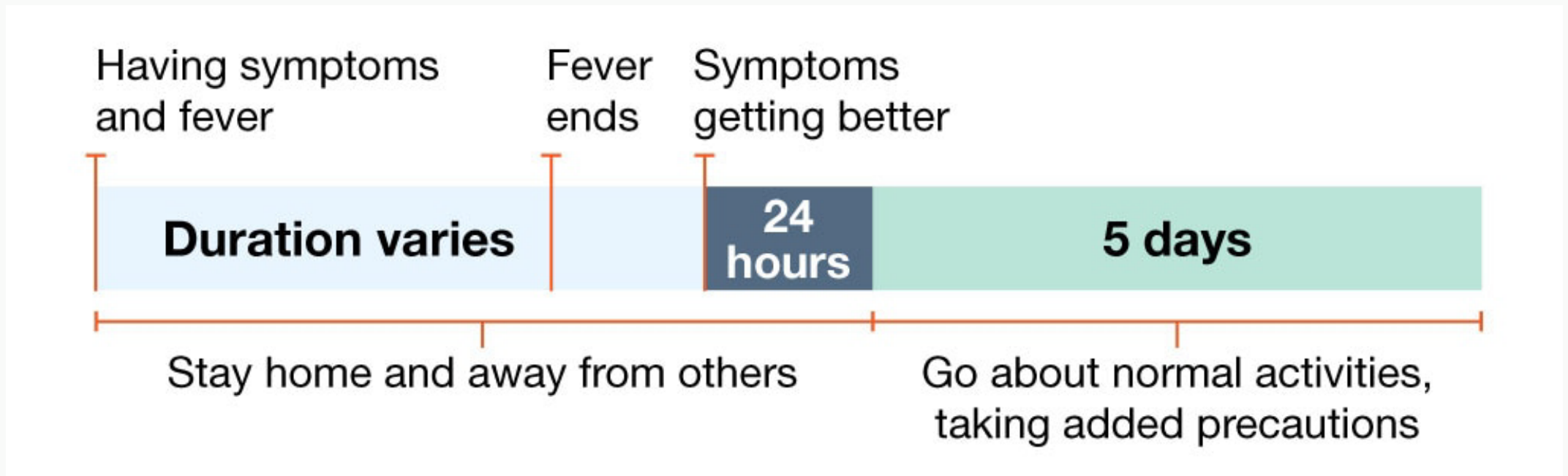


Example 2:

Person with fever but no other symptoms

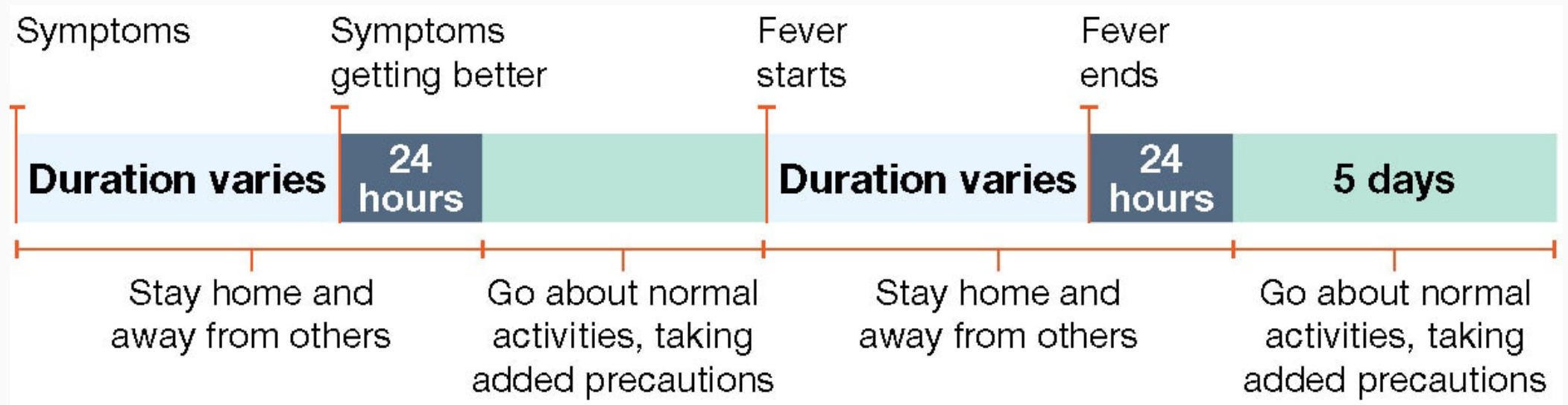


Example 3: Person with fever/symptoms – fever ends/other symptoms remain



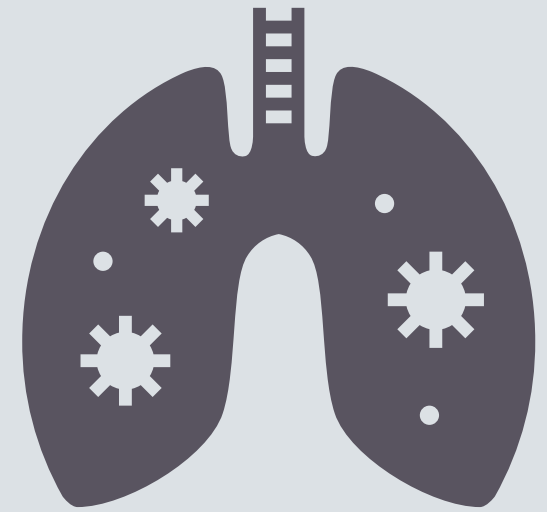
Example 4:

Person gets better, then gets a fever



Why did CDC update their guidance?

- The hospital admissions for COVID-19 have decreased by more than 75% and deaths by more than 90% since 2022.
- Almost 98% of people in the US have antibodies against COVID-19 because of prior vaccination, infection, or both.
- The updated guidance will not significantly increase COVID-19 community spread and severe disease.
- The strategies outlined can be followed without a test for anyone who is not immunocompromised.
- They should be used for any respiratory viral illness and will prevent transmission regardless of which respiratory virus is causing the illness.



CDC RESPIRATORY VIRUS GUIDANCE

Respiratory Virus Guidance Snapshot



Core prevention strategies

Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*

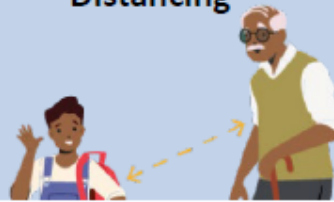


Additional prevention strategies

Masks



Distancing



Tests



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)



Then take added precaution for the next 5 days

THANK YOU

All information and illustrations in this presentation were taken directly from CDC's Updated Respiratory Virus Guidance: What to Do When You Are Sick.

Jean Justad, MD
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2024