

Respiratory Illnesses: Preventing the Spread

HVHD's Community Recommendations

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What is Respiratory Illness Season?

According to [CDC](#), "it is common to get sick from respiratory viruses such as [COVID-19](#), [flu](#), and [respiratory syncytial virus \(RSV\)](#), especially in the **fall** and **winter**. There are actions you can take to protect yourself and others."

Flu vs. RSV vs. COVID-19

Flu

Experience symptoms from **1-4** days after infection

Contagious first **3-4 days** of illness; potentially **1 day before** showing symptoms

COVID-19

Experience symptoms from **2-5** days and **up to 14 days** after infection

Contagious for about **8 days after** symptoms begin; potentially **2-3 days before** symptoms begin

RSV

Experience symptoms **4-6** days after infection

Contagious first **3-8 days** of illness; potentially **1-2 days before** showing symptoms

Vaccine available for people **ages 60 and older**

Stay **up to date** with vaccinations

Spread from person to person between people who are near or in close contact with one another

Stay home if you are sick

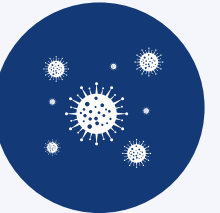
HVHD Community Recommendations: Respiratory Illnesses



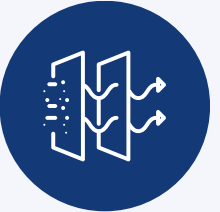
Everyone **6 months of age and older** are encouraged to get vaccinated for **COVID-19 and flu**



If you feel sick, you should **stay home**



All outbreaks (schools, long-term care facilities, daycare, etc) must be **reported immediately by telephone to HVHD and CT DPH**. Reporting forms can be found on our website: <https://hvhdct.gov/covid-19/case-reporting/>



Take steps for **cleaner air**, such as bringing in more fresh outside air, purifying indoor air, or gathering outdoors when possible.



If you have been exposed but are well, you **CAN** attend work or school



Consider wearing a mask when sick/coughing from **ANY illness** to prevent the spread



Test at your own discretion if you have been exposed or feel sick, but testing is **NOT required**

Respiratory Illness: General Prevention

This CDC guidance provides practical recommendations and information to help people lower risk from a range of common respiratory viral illnesses, including COVID-19, flu, and RSV.



Stay up to date with the immunizations that are recommended for you.

- Get a current flu and COVID-19 vaccine
- Adults 60+ should talk with your healthcare provider about the RSV vaccine



Practice good hygiene by covering coughs and sneezes, washing or sanitizing hands often, and cleaning frequently touched surfaces.



Take steps for cleaner air, which can mean bringing in fresh outside air, purifying indoor air, or gathering outdoors.

Respiratory Illness: Prevention when Sick

This CDC guidance provides recommendations for preventing the spread of respiratory viruses when you're sick.



Stay home and away from others if you have respiratory virus symptoms. These symptoms can include: fever, chills, fatigue, cough, runny nose, and headache, among others.



Return to your normal activities when, for at least 24 hours, both are true:

- Your symptoms are getting better overall, **AND**
- You are fever free without using fever-reducing medications




Take added precautions over the next 5 days. These precautions can include:

- Take additional steps for cleaner air
- Hygiene,
- Wear a mask
- Physical distancing
- Testing when you will be around others indoors



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