

# RESPIRATORY VIRUS GUIDANCE SNAPSHOT

ALABAMA  
PUBLIC  
HEALTH

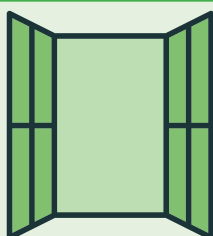
## CORE PREVENTION STRATEGIES



Immunizations



Hygiene



Steps for Cleaner Air



Treatment

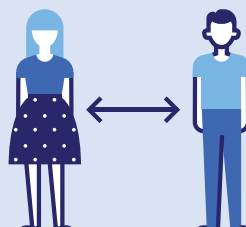


Stay Home and Prevent Spread\*

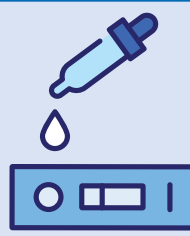
## ADDITIONAL PREVENTION STRATEGIES



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 fever-reducing meds



Then, take added precautions for the next 5 days

Learn more at [alabamapublichealth.gov/covid19](https://alabamapublichealth.gov/covid19)