

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,



and



Your symptoms are getting better

You are fever-free (without meds)

for 24 hrs



Then take added precaution for the next 5 days



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This guidance provides practical recommendations and information to help people lower the risk of common respiratory viral illnesses, including **COVID-19, flu, and RSV**. In addition to the CDC's Respiratory Virus Guidance, several unique considerations apply to people with certain risk factors for severe illness.

Risk Factors for Severe Illness from Respiratory Viruses

- Older Adults
- Young Children
- People with Weakened Immune Systems
- People with Disabilities
- Pregnant Women

According to CDC Feb 2025 [Respiratory Virus Guidance | Respiratory Illnesses | CDC](#)

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PLEASE REPORT **Positive**
COVID
NURSE@KCKCC.EDU or
CALL 913.288.7217 for
further instructions