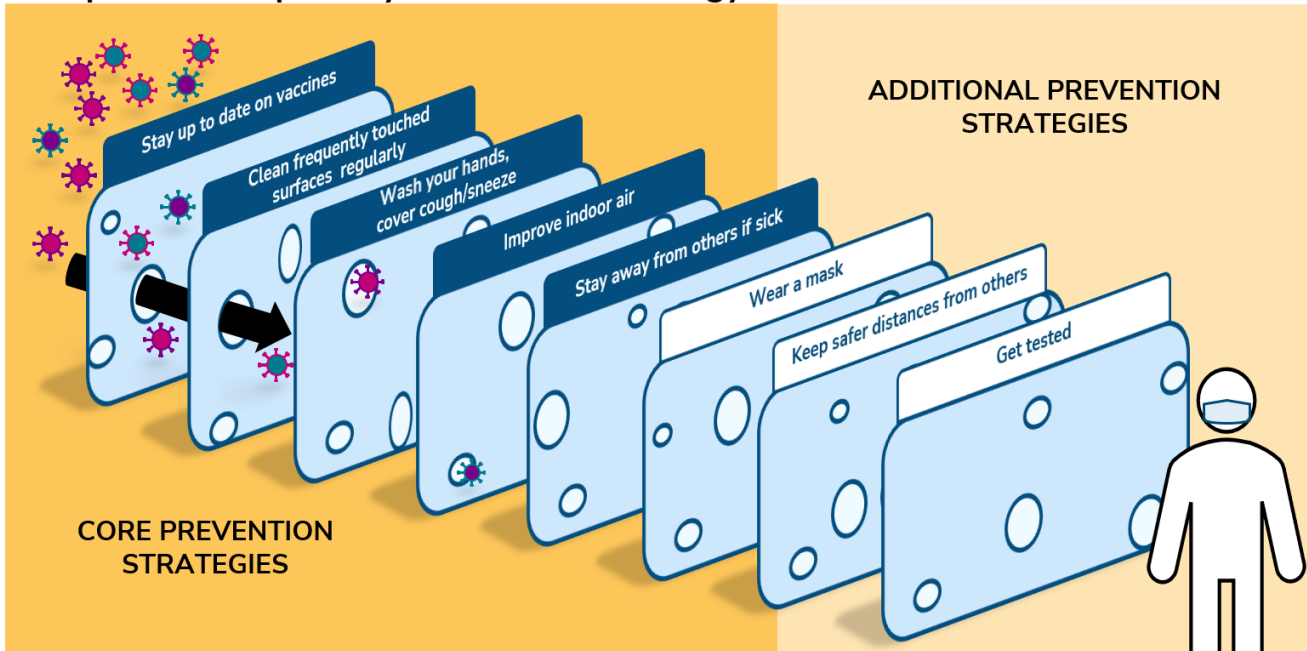


SLOW THE SPREAD

No single strategy (single Swiss cheese layer) is perfect at preventing the spread of respiratory illness. Each strategy has weaknesses or holes.



Use many (overlapping) layers to block more holes and stop more germs from getting through.

<p>Stay up to date on vaccines</p>	<ul style="list-style-type: none"> • Find COVID-19 and flu vaccine appointments on vaccines.gov. • Ask your healthcare provider about getting protected from RSV, especially if you are: <ul style="list-style-type: none"> ▪ Over 60 years old (for vaccine) ▪ 32–36 weeks pregnant during September–January (for vaccine to protect newborn baby) ▪ An infant born during or entering first respiratory illness season (for antibodies medicine)
<p>Clean frequently touched surfaces regularly</p>	<ul style="list-style-type: none"> • Clean & disinfect frequently touched surfaces regularly (at least daily when someone in household is sick).
<p>Wash your hands, cover coughs/sneezes</p>	<ul style="list-style-type: none"> • Wash your hands frequently with soap and water for 20 seconds. <ul style="list-style-type: none"> ▪ If handwashing is not available, use hand sanitizer with at least 60% alcohol. • Cover coughs and sneezes. • Avoid touching your eyes, nose, and mouth.
<p>Improve indoor air</p>	<ul style="list-style-type: none"> • Bring outdoor air indoors. Filter air to lower the amount of virus in your home and work.
<p>Stay away from others if sick</p>	<ul style="list-style-type: none"> • Stay home and away from others for at least 24 hours until both are true: <ul style="list-style-type: none"> ▪ Your symptoms are improving (if you had symptoms) and ▪ You are fever-free (without using fever-reducing medicine). • Use separate bathroom and bedroom from others, if possible.
<p>Wear a mask</p>	<ul style="list-style-type: none"> • Wear a mask with the best fit, protection, and comfort, when required or recommended. • You may choose to mask at any time. • People with symptoms, a positive test, or exposure to a respiratory illness should wear a high-quality mask or respirator when indoors in public.
<p>Keep safer distances from others</p>	<ul style="list-style-type: none"> • Keep as much distance as possible from people who do not live with you. • Avoid large crowds if you cannot keep safe distances.
<p>Get tested</p>	<ul style="list-style-type: none"> • A test can tell you what illness you have and inform your treatment and prevention actions. <ul style="list-style-type: none"> ▪ A healthcare provider can tell you if you need a test. You can buy some tests over the counter. • For COVID-19 or flu, your provider may prescribe medicines to make your symptoms less severe or shorten the time you are sick. • Consider testing before you are around anyone at high risk, and especially if you or a household member are at high risk for serious illness from a respiratory infection.