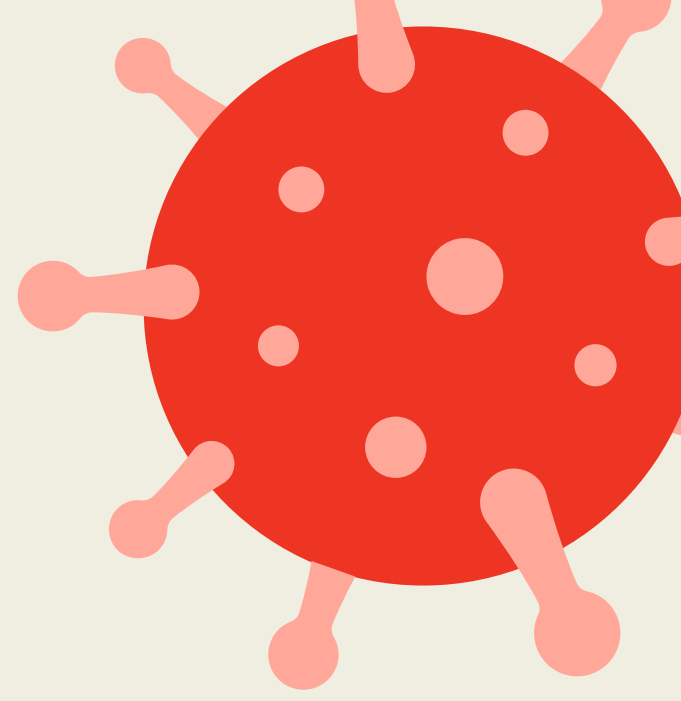


Respiratory Toolkit: Recommendations for RESPIRATORY ILLNESSES



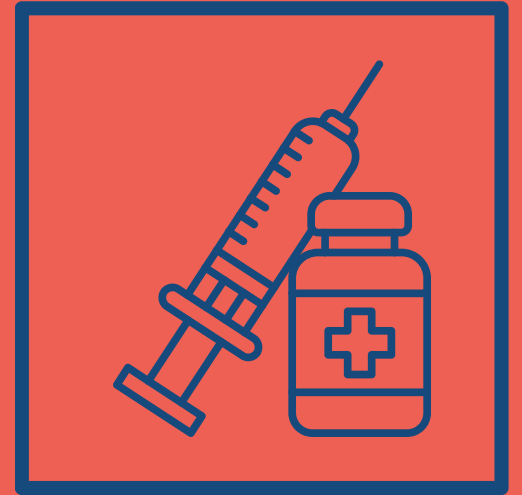
GOOD HYGIENE



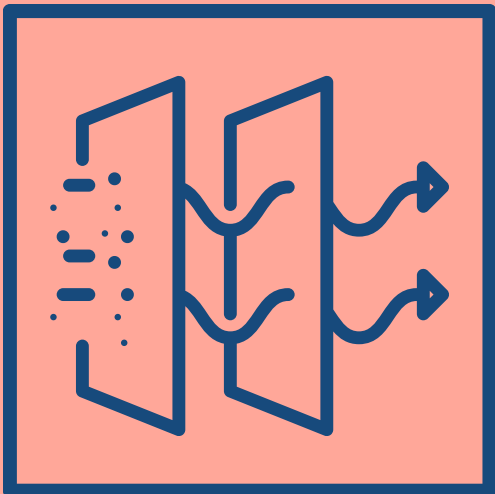
Learn and practice proper handwashing techniques and cover coughs + sneezes.

GET VACCINATED

Stay up-to-date with immunizations. Vaccines are a safe and effective way to keep everyone healthy.



CLEANER AIR



Increase air flow by turning on a fan or using a HEPA cleaner.

CLEANING OFTEN

Clean surfaces frequently with soap or detergent to remove germs and dirt.



PREVENT THE SPREAD



If you have respiratory virus symptoms, try to stay away from others, especially those that are considered high-risk.

Additional prevention strategies include masking, distancing, and testing.

After symptoms improve and fever is gone for 24 hours, use prevention strategies for 5 days.



Need to report an outbreak or have more questions?
Contact our Cluster Team at RVI.Health@tn.gov or visit the [TDH Respiratory Virus Dashboard](#)



tn.gov/health/rvi