

Navigating Respiratory Viruses

TIPS:



Get Your Preventative Vaccines

The single best way to reduce the risk of seasonal respiratory viruses and their potentially serious complications is to get vaccinated each year.



Adhere to PPE Guidelines

Before entering patient rooms, check for contact, droplet, or airborne isolation precautions. Don and doff PPE in the proper sequential order based on the level of precaution required.



Prioritize Hand Hygiene

Performing hand hygiene is easy, and it's one of the most effective ways to prevent the spread of germs. Use an alcohol-based hand sanitizer or thoroughly wash using soap and water.



Routinely Disinfect High-Touch Surfaces

When cleaning and disinfecting work clockwise or counterclockwise, move from clean to dirty, work from top to bottom, and wipe in an S-shaped motion.



Restock Hand Hygiene Supplies

Especially in areas of public use (lobbies, bathrooms, etc.).

Source: Centers for Disease Control and Prevention

<https://www.cdc.gov/flu/prevention/actions-prevent-flu.html>

https://www.cdc.gov/healthcare-associated-infections/media/pdfs/ppe-sequence-p.pdf?CDC_AAref_Val=https://www.cdc.gov/hai/pdfs/ppe/PPE-Sequence.pdf

<https://www.cdc.gov/clean-hands/about/index.html>

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