CDC's website is being modified to comply with President Trump's Executive Orders.

How to Protect Yourself and Others

WHAT TO KNOW

- CDC's Respiratory Virus Guidance provides strategies you can use to help protect yourself and others from health risks caused by COVID-19 and other respiratory viruses.

- These actions can help you lower the risk of COVID-19 transmission (spreading or catching COVID-19) and lower the risk of severe illness if you get sick.

Core Prevention Strategies

CDC recommends that all people use core prevention strategies to protect themselves and others from COVID-19:

- Stay up to date with COVID-19 vaccines.

  - Although vaccinated people sometimes get infected with the virus that causes COVID-19, staying up to date on COVID-19 vaccines significantly lowers the risk of getting very sick, being hospitalized, or dying from COVID-19.

- Practice good hygiene (practices that improve cleanliness)

- Take steps for cleaner air

When you are sick:

- Use precautions to prevent spread, including staying home and away from others (including people you live with who are not sick) if you have respiratory symptoms.

  - Learn when you can go back to your normal activities.

- Seek health care promptly for testing and/or treatment if you have risk factors for severe illness. Treatment may help lower your risk of severe illness, but it needs to be started within a few days of when your symptoms begin.

Order Your 4 Free At-Home COVID-19 Tests

Every U.S. household is eligible to order 4 free at-home tests. Your order of COVID tests is completely free – you won't even pay for shipping. Want to know when your tests are coming? Sign up to receive email alerts when you order!

Learn More and Order Your Tests ⧉

Additional Prevention Strategies

In addition, there are other prevention strategies that you can choose to further protect yourself and others.

- Wearing a mask and putting distance between yourself and others can help lower the risk of COVID-19 transmission.

- Testing for COVID-19 can help you decide what to do next, like getting treatment to reduce your risk of severe illness and taking steps to lower your chances of spreading COVID-19 to others.

What to watch out for

Using these prevention strategies can be especially helpful when:

- Respiratory viruses, such as COVID-19, flu, and RSV, 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 to a respiratory virus, are sick, or are recovering

Check Your Community

Find out if respiratory viruses are causing a lot of illness in your community. Data updated weekly.

Check the latest data

SOURCES

CONTENT SOURCE:

National Center for Immunization and Respiratory Diseases; Coronavirus and Other Respiratory Viruses Division