

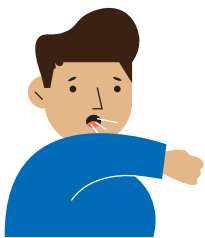
# Slowing the Spread of Respiratory Illness

When you feel sick, it is important to keep your community in mind. You may be healthy enough to fight your illness, but someone else around you may not be. No matter what illness is making you feel sick, you do not want to pass it on to others.

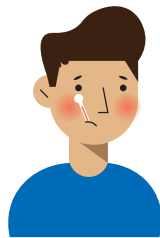
When you are feeling sick, stay home until you are feeling better.

Before going to public places, work, school, or interacting with other people, ask yourself:

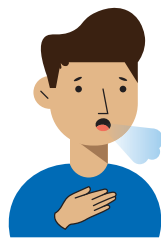
**In the past 48 hours, have I had, or am I currently experiencing a new, worsening, or unexplained:**



Cough



Fever, Chills,  
or Sweats



Shortness of  
Breath or Difficulty  
Breathing



Loss of Sense of  
Smell or Taste



Extreme Fatigue/  
Tiredness



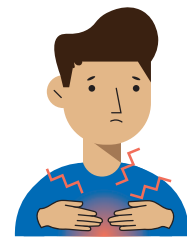
Sore Throat/  
Hoarse Voice



Runny Nose/  
Nasal Congestion/  
Excessive Sneezing



Headache or  
Muscle Aches



Nausea, Diarrhea,  
or Vomiting

**If yes, stay home.** If you can't stay home, wear a mask when in public. Avoid high-risk settings, such as long-term care facilities, and high-risk individuals, such as immunocompromised persons until your symptoms have improved.

**By staying home when you are sick, you are helping keep your community healthy.**