



Respiratory Illnesses

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Respiratory Virus Guidance

This guidance is not applicable to [healthcare settings](#). Nothing in this guidance supersedes accommodations required under [federal civil rights laws](#) [↗](#).

Each year, respiratory viruses are responsible for millions of illnesses and thousands of hospitalizations and deaths in the United States. In addition to the virus that causes COVID-19, there are many other types of respiratory viruses, including flu and respiratory syncytial virus (RSV). The good news is there are actions you can take to help protect yourself and others from health risks caused by respiratory viruses.

CDC's Respiratory Virus Guidance

This guidance provides practical recommendations and information to help people lower risk from a range of common respiratory viral illnesses, including COVID-19, flu, and RSV.

Preventing Respiratory Viruses

- [Immunizations for Respiratory Viruses](#)
- [Hygiene and Respiratory Virus Prevention](#)
- [Taking Steps for Cleaner Air for Respiratory Virus Prevention](#)
- [Preventing Spread of Respiratory Viruses When You're Sick](#)
- [Masks and Respiratory Virus Prevention](#)
- [Physical Distancing and Respiratory Viruses](#)
- [Testing and Respiratory Viruses](#)

Special Considerations

In addition to CDC's Respiratory Virus Guidance, there are several special considerations for people with certain risk factors for severe illness.

Risk Factors for Severe Illness from Respiratory Viruses

- [Older Adults](#)
- [Young Children](#)
- [People with Weakened Immune Systems](#)
- [People with Disabilities](#)
- [Pregnant People](#)

Treatment as Prevention

Treatment is a core prevention strategy to lower risk from respiratory viruses.

About the Guidance

- [Background for the Guidance](#)
- [Frequently Asked Questions](#)

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