



Public Health Brief

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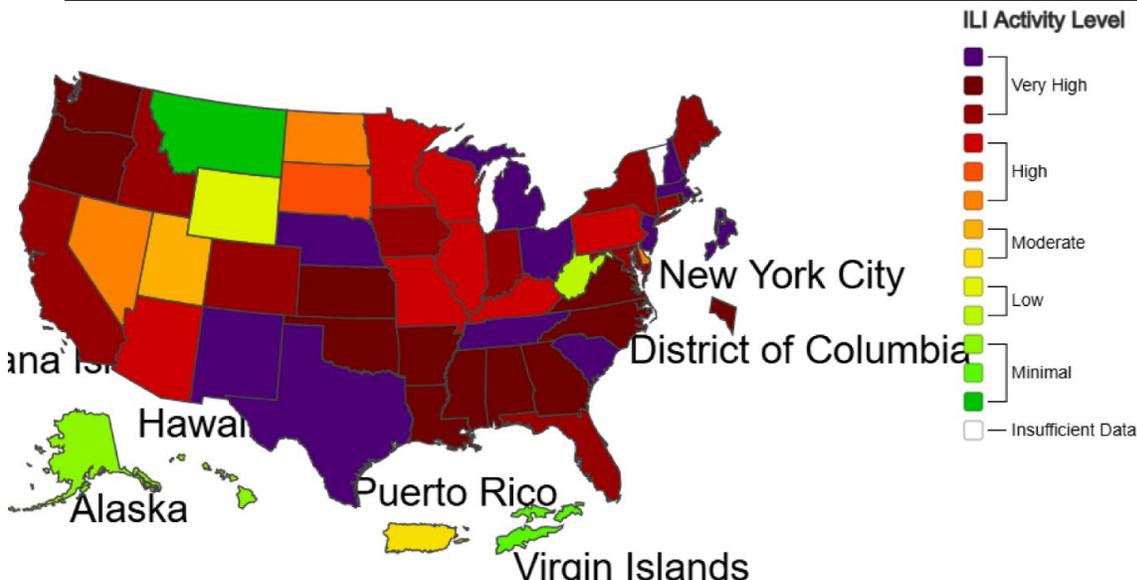
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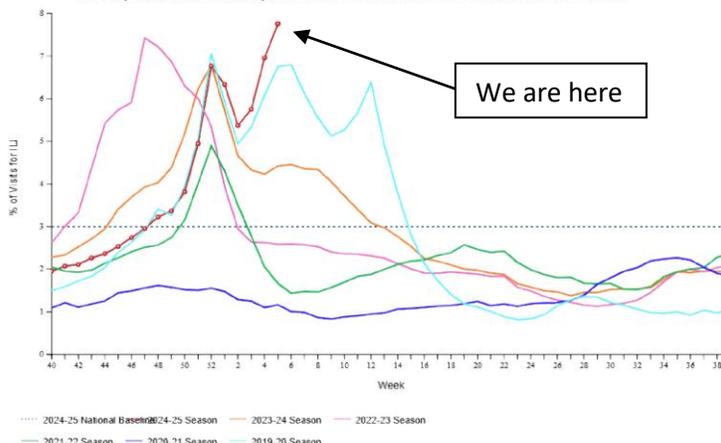


Monday February 10, 2025

We Are a Long Ways From Being Done With Flu-Like Illness This Winter!



Percentage of Outpatient Visits for Respiratory Illness Reported by The U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet), Weekly National Summary, 2024-25 Season and Selected Previous Seasons

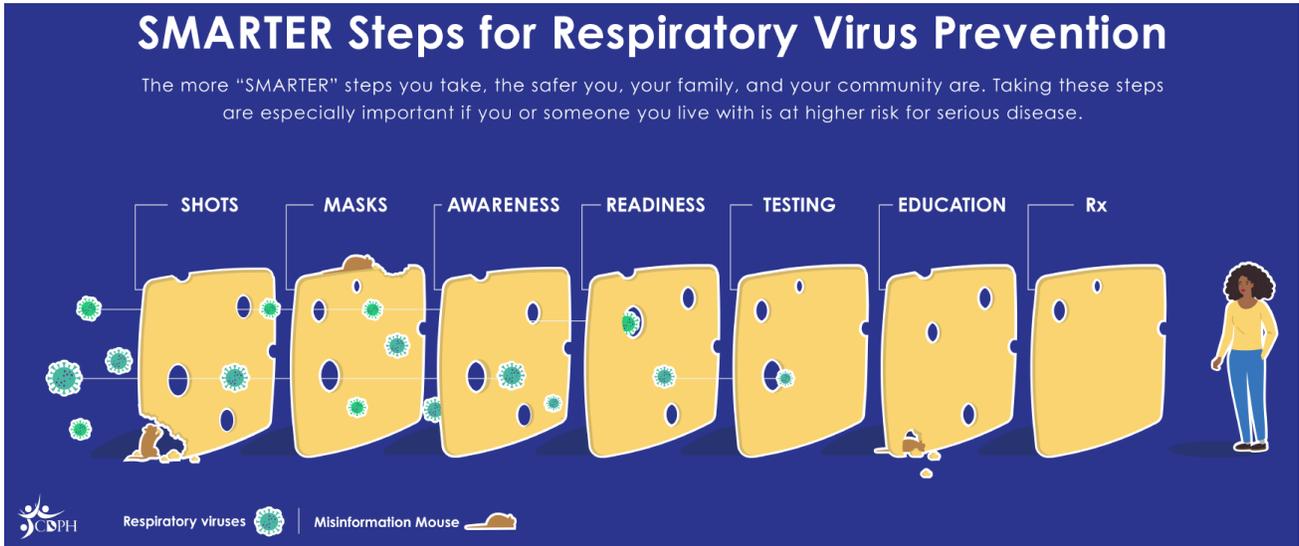


Public Health
Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120
Alpine County Board of Supervisors, Phone: (530) 694-2281
District 1: Charles Dobson, District 2: Evan Mecak, District 3: Irvin Jim,
District 4: Terry Woodrow, District 5: David Griffith

SMARTER Steps to Prevent the Spread of Respiratory Viruses

California developed the [SMARTER Plan](#) to prepare Californians for COVID-19 surges and variants. We can apply these SMARTER steps to reduce the spread of all respiratory infections and protect our most vulnerable populations, our communities, and our state.



Respiratory Virus Guidance Snapshot

CORE STRATEGIES

Core Prevention Strategies

<p>Immunizations</p>	<p>Hygiene</p>	<p>Steps for Cleaner Air</p>	<p>Treatment</p>	<p>Stay Home and Prevent Spread*</p>
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ADDITIONAL STRATEGIES

Additional Prevention Strategies

<p>Masks</p>	<p>Distancing</p>	<p>Tests</p>
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***Stay home and away from others until,**

Your symptoms are getting better

and

You are fever-free (without meds)

for 24 hrs

Then take added precaution for the next 5 days

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses 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, are sick, or are recovering

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Respiratory-Viruses/Home.aspx>



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