

ADDITIONAL RESOURCES



Naval Hospital Bremerton



Snohomish County Health Department:
www.snohd.org

Centers for Disease Control and
Prevention:
[https://www.cdc.gov/respiratory-
viruses/guidance/index.html](https://www.cdc.gov/respiratory-viruses/guidance/index.html)

CONTACT US

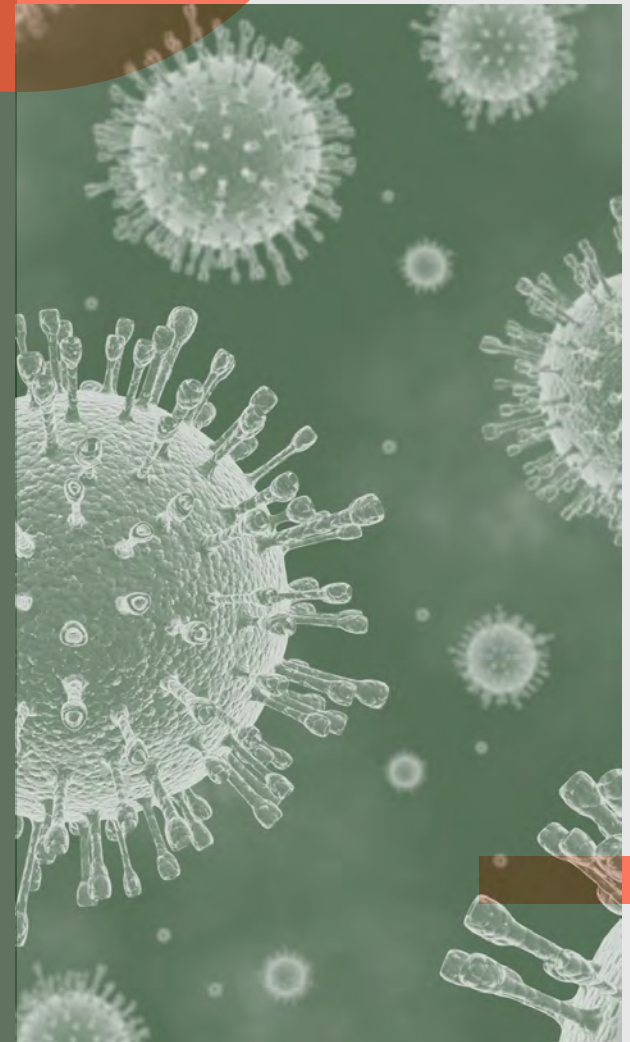
Preventative Medicine Department

Phone: 425-304-4330



NAVY MEDICINE READINESS
AND TRAINING UNIT EVERETT

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Everett, WA 98207



HAVE QUESTIONS ABOUT THE UPDATED COVID-19 AND FLU GUIDANCE?

Respiratory Virus Guidance Snapshot

Core prevention strategies

Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



Additional prevention strategies

Masks



Distancing



Tests



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

*Stay home and away from others until, for 24 hours BOTH:



Your symptoms are getting better



You are fever-free (without meds)



Then take added precaution for the next 5 days

CHECK OUT THE UPDATED CDC GUIDANCE BELOW

The Centers for Disease Control and Prevention (CDC) have updated their guidance to provide practical recommendations to help people lower their risk from multiple common respiratory virus illnesses such as COVID-19, Influenza, and RSV.

Key prevention strategies to protect yourself from getting sick include staying up to date on immunizations, practicing good hygiene, taking steps toward cleaner air, seeking treatment when needed, and staying home when sick.

EXPOSED TO SOMEONE WHO TESTED POSITIVE FOR COVID-19?

Monitor for symptoms, including but not limited to cough, fever, chills, headache, sore throat, runny/stuffy nose, sneezing, chest discomfort, decrease in appetite, vomiting, diarrhea, tiredness, body aches, new loss of taste/smell, and wheezing.

Get tested if you become symptomatic.

Wear a mask, practice social distancing and good hygiene.

WHAT TO DO IF YOU'RE SICK:

- Stay home and away from others until your symptoms are getting better, and you are fever-free without using fever-reducing medications (i.e. Motrin, Tylenol, etc.) for 24 hours.
- Practice additional precautions after returning to normal activities the next 5 days by:
 - Wearing a mask
 - Improving air flow/filtration
 - Practicing good hygiene
 - Physical Distancing

WHERE TO GET TESTED:

- NMRTU Everett is testing symptomatic patients and healthcare professionals in accordance with CDC guidance.

Available during sick call or schedule an appointment with your PCM. Call 425-304-4060.

- Asymptomatic individuals with exposure to someone with COVID-19 are recommended to utilize at-home tests.

Need info on where to get a test? Visit www.snohd.org/549/testing-resources