

# What to know about the COVID SUMMER SURGE

The U.S. is experiencing a **surge in COVID cases this summer**, driven by new variants. Emergency room visits jumped more than 23% in late June, according to the latest data from the Centers for Disease Control and Prevention.

## SYMPTOMS OF COVID:

- Sore throat
- Cough
- Fatigue
- Congestion
- Runny nose
- Fever or chills
- Headache
- Muscle aches
- New loss of sense of taste or smell
- Nausea or vomiting
- Diarrhea

## RECOMMENDATION:

If you become ill with COVID or other respiratory illnesses, stay home and away from others until your symptoms improve and you are fever free for 24 hours. Then take added precautions for the next 5 days such as masking and distancing.

## RESPIRATORY VIRUS GUIDANCE

### CORE PREVENTION STRATEGIES

- Immunizations
- Hygiene
- Steps for Cleaner Air
- Treatment
- Stay Home and Prevent Spread

### ADDITIONAL PREVENTION STRATEGIES

- Masks
- Social Distancing
- Taking COVID 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