



COVID-19 Resources

for Adult Day Centers

COVID-19, a respiratory disease caused by the virus SARS CoV-2, is included in guidance provided by the Centers for Disease Control and Prevention (CDC) with other respiratory viruses like influenza and respiratory syncytial virus (RSV). COVID-19 spreads when an infected person breathes out droplets. These very small particles that contain the virus can be breathed in by others, or they can contaminate surfaces others come in contact with. There are several strategies to reduce the risk of spreading COVID-19.

Core Strategies to Prevent Illness from a Respiratory Virus Like COVID-19:



Immunizations (vaccines)



Hand Hygiene and Respiratory Etiquette (cover your cough and sneeze)



Personal Protective Equipment (PPE)



Physical Distancing



Staying Home



Air Quality



Testing

Resources



[Immunizations for Respiratory Viruses Prevention | CDC](#)



[Hygiene and Respiratory Viruses Prevention | CDC](#)



[Masks and Respiratory Viruses Prevention | CDC](#)



[About Physical Distancing and Respiratory Viruses | CDC](#)



[Preventing Spread of Respiratory Viruses When You're Sick | CDC](#)



[Taking Steps for Cleaner Air for Respiratory Virus Prevention | CDC](#)



[Testing and Respiratory Viruses | CDC](#)



[Respiratory Virus Guidance | CDC](#)