



# COVID-19 Recommendations and Prevention 2024

September - 2024

## How to Protect Yourself and Others:



**PUBLIC HEALTH**  
COMMUNICABLE DISEASE

**CDC recommends** that all people use core prevention strategies to protect themselves and others from COVID-19:

- Stay up to date with **COVID-19 vaccines**.
  - Although vaccinated people sometimes get infected with the virus that causes COVID-19, staying up to date on COVID-19 vaccines significantly lowers the risk of getting very sick, being hospitalized, or dying from COVID-19.
- Practice good **hygiene** (practices that improve cleanliness).
- Take **steps for cleaner air**.



## When you are sick:

- Use **precautions to prevent spread**, including staying home and away from others (including people you live with who are not sick) if you have respiratory symptoms.
- You can go back to your normal activities when, for at least 24 hours, both are true:
  - Your symptoms are getting better overall, **and**
  - You have not had a fever (and are not using fever-reducing medication).
- Seek health care promptly for **testing** and/or **treatment** if you have **risk factors for severe illness**. Treatment may help lower your risk of severe illness, but it needs to be started within a few days of when your symptoms begin.



**Order your free COVID-19 tests at the end of September 2024.**

U.S. households will be eligible to order 4 free COVID-19 tests at [COVIDTests.gov](https://COVIDTests.gov).

The COVID-19 tests will detect current COVID-19 variants and can be used through the end of the year.

**[Visit COVIDTests.gov](https://COVIDTests.gov)**

## Additional Prevention Strategies:

In addition, there are other prevention strategies that you can choose to further protect yourself and others.

- **Wearing a mask** and **putting distance between yourself and others** can help lower the risk of COVID-19 transmission.
- Testing for COVID-19 can help you decide what to do next, like getting treatment to reduce your risk of severe illness and taking steps to lower your chances of spreading COVID-19 to others.