

'Tis the Season: Respiratory Disease Season

Resources

PDPH

- [COVID-19 Toolkit for Long-Term Care Facilities](#)
- [Respiratory Protection Plan for Long-Term Care Facilities](#)
- [Tuberculosis Exposure Control Plan for Long-Term Care Facilities](#)
- [Tuberculosis \(TB\) Toolkit](#)

CDC

- [CDC PPE DON and DOFF Poster](#)
- [Clean Hands Count Campaign](#)
- [Preventing Transmission of Viral Respiratory Pathogens in Healthcare Settings](#)
- [Viral Respiratory Pathogens Toolkit for Nursing Homes](#)

CDC PFL

- [Choosing the Right PPE Throughout Your Workday Online Activity](#)
- [Choosing the Right PPE for COVID-19 Online Activity](#)
- [CDC PFL: Infection Control Actions to Stop the Spread of Respiratory Viruses in Health Care](#)
- [ICP Actions for Respiratory Virus Infographic](#)
- [How to Read a Disinfectant Label Poster](#)
- [Ventilation in Healthcare Settings Poster](#)
- [Did you Know? Germs Live in the Respiratory System Video](#)
- [Germs Can Live In the Respiratory System Poster](#)
- [Masking Signs and Posters](#)
- [Cough and Congestion Micro-Learn](#)

Effective Infection Control Actions

- **Use of masks and respirators by healthcare workers (HCW), patients, and visitors** can help to decrease the spread of respiratory viruses. NIOSH-approved respirators (including N95s) offer the highest level of protection. Click [here](#) to sign up for PDPH's Train the Trainer Fit Testing sessions.
- **Clean your hands.** Contaminated hands can spread respiratory viruses. Cleaning your hands regularly with an alcohol-based hand sanitizer or soap and water is an effective tool to stop the spread of viruses.
- **Practice respiratory hygiene and cough etiquette.** Provide masks, tissues, alcohol-based hand sanitizer and no-touch receptacles for tissue disposal at facility entrances, triage areas, and waiting rooms.
- **Clean and disinfect.** Increasing environmental cleaning and disinfection can help prevent transmission of respiratory viruses, which is especially important in common use areas and patient care areas. It's also important to disinfect reusable devices and not reuse disposable items.
- **Practice physical distancing.** To limit the spread of respiratory viruses, encourage physical distancing in shared spaces.
- **Get vaccinated.** Facilities should encourage their HCWs to get vaccinated against COVID-19 and influenza to reduce transmission.
- **Ensure HVAC maintenance is up to date.** Consult your maintenance department to ensure the heating, ventilation, and air conditioning, or HVAC, system is working efficiently for proper ventilation in your facility.

**INFECTION
PREVENTION
AND CONTROL
EDUCATION**



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COVID-19 vaccines

- **2023–2024 updated COVID-19 vaccines**
 - As of September 12, 2023, the 2023–2024 updated Pfizer-BioNTech and Moderna COVID-19 vaccines were recommended by CDC for use in the United States.
 - On October 3, 2023, the U.S. FDA amended the emergency use authorization of the Novavax COVID-19 Vaccine, Adjuvanted for use in individuals 12 years of age and older to include the 2023-2024 formula.
 - The previous bivalent and original COVID-19 vaccines by Pfizer-BioNTech, Moderna, Novavax and J&J/Janssen are no longer available for use.
 - CDC recommends that everyone aged 6 months and older should receive the 2023-2024 updated COVID-19 vaccine to protect against serious illness from COVID-19 and remain up to date.
 - Everyone ages 5 years and older is recommended to receive 1 dose of updated (2023–2024 Formula) mRNA COVID-19 vaccine. See the [COVID-19 Vaccine Summary Table for full vaccine recommendations for all age groups](#).
 - The updated COVID-19 vaccine should be administered at least two months after getting the last dose of any [COVID-19 vaccine](#).
 - Updated vaccines are anticipated to be better at fighting currently circulating variants and could restore protection against severe COVID-19 that may have decreased over time.

Influenza Vaccine:

- An annual seasonal influenza vaccine is the best way to help reduce the risk of getting influenza and any of its potentially serious complications.
- Everyone 6 months and older in the US should get an influenza vaccine every season (with rare exception).
 - See the [Influenza Vaccine Summary Table 2023-2024 for vaccine recommendations for all age groups](#)
- September and October are generally good times to be vaccinated against influenza. Ideally, everyone should be vaccinated by the end of October.
- **Available influenza vaccines include:**
 - [Standard-dose flu shots](#), [Cell-based flu shot](#) (Flucelvax Quadrivalent), [Recombinant flu shot](#) (Flublok Quadrivalent), [High dose flu shot](#) (Fluzone High-Dose Quadrivalent), [Adjuvanted flu shot](#) (Fluad Quadrivalent), and [Live attenuated flu nasal spray vaccine](#) (FluMist Quadrivalent)

RSV Vaccine:

- **RSV vaccine** can prevent lower respiratory tract disease caused by [respiratory syncytial virus \(RSV\)](#).
- RSV is a common respiratory virus that usually causes mild, cold-like symptoms.
- RSV can cause severe illness or even death, especially among infants and older adults.
 - RSV infection is the leading cause of hospitalizations in infants and results in 100-300 infant deaths in the US annually.
 - Older adults with chronic medical conditions like heart or lung disease, weakened immune systems, or who live in nursing homes or long-term care facilities, are at highest risk of serious illness, death, and complications from RSV.
- CDC recommends RSV vaccination for [pregnant people](#) and immunization with the new monoclonal antibody (Nirsevimab) for [infants](#) during the RSV season as listed in the linked guidance.
- CDC recommends [adults 60 years and older](#) may receive a single dose of RSV vaccine, based on discussions between the patient and health care provider. Anyone who is 60 years or older and lives or works in a LTCF should consider getting vaccinated.

Pneumococcal Vaccine:

- Vaccines help prevent [pneumococcal disease](#), which is caused by *Streptococcus pneumoniae* bacteria. There are two kinds of pneumococcal vaccines available in the United States:
 - Pneumococcal conjugate vaccines (PCV13, PCV15, and PCV20)
 - Pneumococcal polysaccharide vaccine (PPSV23)
- For those who have never received any pneumococcal conjugate vaccine, CDC recommends PCV15 or PCV20 for:
 - Adults 65 years or older
 - Adults 19 through 64 years old with certain medical conditions or risk factors
 - If PCV15 is used, this should be followed by a dose of **PPSV23**.
- Anyone who is 65 years or older and lives or works in a LTCF should consider getting vaccinated.