



110 West Franklin St.
Richmond, VA 23220

(804) 643-8451
episcopalvirginia.org

RESPIRATORY VIRUS GUIDANCE (COVID, Flu, and other viruses) For the 231st Annual Convention of the Episcopal Diocese of Virginia November 6-8, 2025

As the threat from COVID-19 becomes more similar to that of other common respiratory viruses, the Centers for Disease Control and Prevention (CDC) is issuing Respiratory Virus Guidance, rather than additional virus-specific guidance. This brings a unified approach to addressing risk from a range of common respiratory viral illnesses that have similar routes of transmission and symptoms and similar prevention strategies. This updated guidance particularly reflects that many people with respiratory virus symptoms do not know the specific virus with which they are infected.

CORE PREVENTION STRATEGIES

CDC recommends that all people use these core prevention strategies in their daily lives:

1. Stay up to date with [immunizations](#)
2. Practice good [hygiene](#) (practices that improve cleanliness)
3. When you may have a respiratory virus:
 - a. Use [precautions to prevent spread, including staying away from others](#)
 - b. [Test](#) to determine if you have COVID
 - c. Wear a [mask](#)

KEY TIMES FOR PREVENTION

All these prevention strategies can be helpful to reduce risk. They are especially helpful when:

- Respiratory viruses are causing a lot of [illness in the community](#).
- You or the people around you were recently exposed to a respiratory virus, are sick, or are recovering.
- You or the people around you have [risk factors for severe illness](#).
- Since delegates are in an environment with crowds of people in enclosed spaces, it is a good idea to test before attending to protect high risk individuals.

You may not be aware of the things that can make others more vulnerable to serious illness. Using these core prevention strategies will provide a degree of protection. If you are unsure about the health condition or risk status of those around you, the most protective options are masking and testing.

WHAT TO DO IF YOU ARE SICK

There is now one clear answer to “What do I do when I get sick? When you think you have a respiratory illness like the flu or COVID-19, **you should stay home and away from others until you feel better overall and any fever has been gone for 24 hours.**