

# CDC Recommendations for Preventing Viral Pathogens in Long-Term Care

To prevent transmission of viral respiratory infections in long-term care settings, including influenza virus and COVID-19 infection, the Centers for Disease Control and Prevention (CDC) recommend the following comprehensive infection control measures:

## 1. Optimize Administrative and Engineering Controls, and Indoor Air Quality

- Limit crowding in communal spaces
- Those with respiratory symptoms should sit away from other residents
- Sustain and/or improve indoor air quality; helpful resources include:
  - [Guidelines for Environmental Infection Control in Health-Care Facilities](#)
  - [American Society of Heating, Refrigerating and Air-Conditioning Engineers \(ASHRAE\) resources for healthcare facilities](#)
  - [Ventilation in Building](#)



## 2. Communicate Infection Control Practices

- Post alerts at entrances about infection symptoms and prevention:
  - Visitors with symptoms should defer non-urgent visits until they have recovered
  - Visitors should wear a mask if they (or someone in close contact) have symptoms of respiratory infection (eg, cough)
  - Visitors and staff should clean their hands often and after having contact with respiratory secretions



## 3. Practice Respiratory Hygiene and Cough Etiquette

- At sign-in desks and entrances, buildings should adhere to [Respiratory Hygiene/Cough Etiquette](#) and provide:
  - Masks
  - Conveniently located dispensers of alcohol-based hand sanitizer
  - Tissues and no-touch receptacles for used tissue disposal



## 4. Broader Source Controls

- Consider universal use of respirators/masks to prevent infectious spread:
  - During periods of higher levels of local respiratory virus transmission, buildings should have everyone mask upon entry
  - Residents, particularly those at high risk, should wear the most protective mask or respirator they can that fits well and that they will wear consistently
  - Universal source control could be discontinued once an outbreak is over (eg, no new cases of COVID-19 have been identified for 14 days)

## 5. Monitor and Manage Ill Healthcare Staff

- Provide occupational infection prevention and control services for staff according to CDC recommendations in [Infection Control in Healthcare Personnel | Infection Control](#)
- Provide and encourage receipt of [recommended vaccines](#)
- Develop sick leave policies that are non-punitive, flexible, and consistent with public health guidance and allow staff with respiratory infections to stay home for the [recommended duration of work restriction](#)