Coronavirus Disease 2019 (COVID-19) and Influenza Prevention

Influenza Season and COVID-19

In the United States, the fall and winter months are often called “flu season.” Most of the time, influenza activity peaks between December and February, and it can last as late as May. According to the Centers for Disease Control and Prevention (CDC), key indicators that track flu activity remain high. Currently, the CDC emphasizes that while COVID-19 poses a potentially serious public health threat, the risk to individuals is dependent on exposure. For most people in the United States, including most types of workers, the risk of infection with COVID-19 is currently low.

ICI Events

As you are aware, the rapid spread of the Coronavirus Disease 2019 (COVID-19) has raised concerns among global health professionals. Minimizing the spread of COVID-19 is vital. To that end, if you or a member of your household have been in or traveled to a high-risk area in the 14 days before an ICI event, we ask that you do not attend that event. Currently, high-risk areas are those listed as Warning Level 3 or Alert Level 2 for COVID-19 by the US Centers for Disease Control and Prevention. We appreciate your concern for the safety and health of ICI members, staff, and other attendees, as well as their families.

The Institute encourages all others attending an event to follow CDC preventive actions to stop the spread of germs.

» Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
» If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60 percent alcohol. Always wash hands with soap and water if hands are visibly dirty.
» Avoid touching your eyes, nose, and mouth. Germs spread this way.
» Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
» Clean and disinfect surfaces and objects that may be contaminated with germs like flu.
» Try to avoid close contact with sick people.
» While sick, limit contact with others as much as possible to keep from infecting them.
» If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)

The safety and well-being of members, staff, and other attendees and their families are of paramount importance to the Institute. We are monitoring the flu and COVID-19 situations regularly and are working with facilities management to ensure as clean an environment as possible. We strongly urge members and staff to be vigilant in following these CDC precautions.