



Wes Moore, Governor · Aruna Miller, Lt. Governor · Laura Herrera Scott, M.D., M.P.H., Secretary

December 28, 2023

Dear Colleagues:

As follow up to the [12.21.23 MDH Clinician Letter](#), we are notifying you that Maryland's statewide combined - COVID, influenza and RSV - weekly respiratory virus-associated hospitalization rate ([as calculated by CDC](#)) exceeds 10 hospitalizations per 100,000 residents due in large part to increasing COVID and flu infections. More specifically, the CDC data through December 21 shows the Maryland combined hospitalization rate for the week ending on December 16 was 11.4.

Therefore, Maryland Department of Health recommends implementing broad facility-wide source control in all patient care areas and patient-facing healthcare settings, including outpatient and long-term care. Weekly information is updated on the [MDH PPHA homepage](#).

Clinicians should implement key measures to prevent and contain the spread of respiratory infections, such as:

- Universal masking in all patient care areas and patient-facing health care settings
- Vaccinate eligible patients and healthcare workers against [COVID](#), [influenza](#), and [RSV](#)
- Treat with antivirals early and when appropriate
- Test and isolate infected individuals quickly
- Use Personal Protective Equipment appropriately
- Identify and adhere to standard, contact, droplet, and airborne precautions
- Optimize ventilation in your facility

Broad facility-wide source control can be discontinued once the combined weekly respiratory virus-associated hospitalization rate has been below 10 hospitalizations per 100,000 residents for two consecutive weeks. Regular infection control measures should continue regardless.

We appreciate your attention to this situation.

Sincerely,

Niles Kalyanaraman, MD FACP
Deputy Secretary, Public Health Services