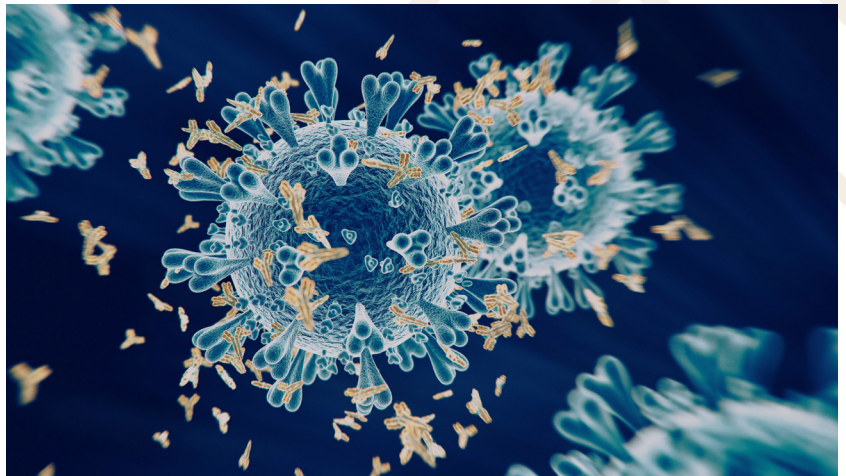


# GUIDANCE ON COVID-19 (March 2024)



## What changed?

CDC now recommends that people in the community who have respiratory viral illness (COVID-19, influenza, RSV) stay home until symptoms have improved and they have been fever-free for at least 24 hours. This replaces the previous recommendation for 5-day isolation for COVID-19 infection specifically. Considerations apply, described below.

## Purpose of the changes

To unify and simplify how communities apply prevention methods for common respiratory viral illnesses, including COVID-19, flu, and RSV.

## Why now?

Hospitalizations and deaths associated with COVID-19 to widespread immunity and good methods to prevent and treat the illness.

## What to do?

- Stay current with COVID-19 and influenza vaccinations (aka, “up-to-date,” meaning you have received the dose(s) for which you are eligible).
- Receive your RSV vaccination if you’re eligible.
- Have good hand hygiene and respiratory hygiene (clean hands frequently with soap and water or alcohol-based hand sanitizer, cover coughs and sneezes and clean your hands after).
- When you suspect you are getting sick, consider getting tested to access potential treatments.
- If possible, implement ways to improve ventilation and seek fresh air.
- Stay home for at least 24 hours when you are sick AND:
  - » Return to normal activities when symptoms have improved overall and fever is gone (without medication) for at least 24 hours.
  - » Consider wearing a well-fitting mask and keeping distance from others for 5 days after your illness.
- Note that:
  - » These changes apply to communities; recommendations for healthcare settings may be different.
  - » Additional considerations may apply to people who are immunocompromised, have disabilities, are/were pregnant.