Respiratory Virus Guidance for General Public  
(For COVID-19, Flu & RSV)

A. When you have a respiratory virus, you can go back to your normal activities, when, for at least 24 hours, both are true:

1. Your symptoms are getting better overall, and
2. You have not had a fever (and you are not using fever-reducing medication)

B. When you go back to your normal activities, take added precautions over the next 5 days, such as, but not limited to:

1. Careful hand washing
2. Masking
3. Physical Distance
4. Test for a respiratory virus if you will be around others indoors.

*You may be able to still spread the virus in these 5 days even if you are feeling better*

Please Note:
*If you begin to feel sick again or feel worse after you have gone back to normal activities, please refer to A & B.  
*If you never had symptoms but tested positive for a respiratory virus you may be contagious; for the next 5 days take added precautions.

For additional information please visit the CDC at: https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html

For COVID-19 Guidance for Healthcare Personnel and Residents in Long-Term Care Facilities Please Visit the CDC At: Infection Control: Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) | CDC