



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](#)

If you have any additional questions, please contact the North Central District Health Department at 860-745-0383