

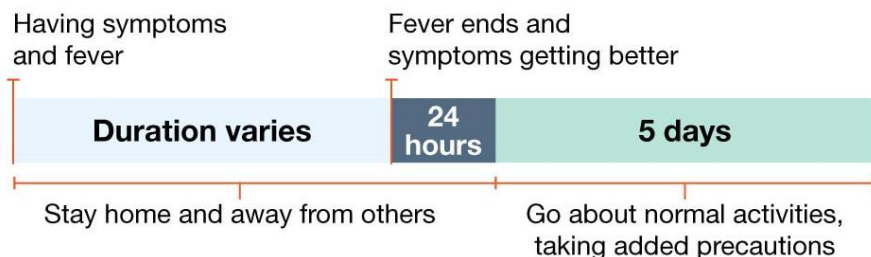
UPDATED Respiratory Virus Guidance (INCLUDING COVID-19):

On March 1, 2024 the CDC released updated Respiratory Virus Guidelines in response to the decreasing risk that COVID-19 poses to the population. This updated guidance includes strategies to protect people at higher risk of getting seriously ill and provides actionable recommendations for people with common viral respiratory illnesses, including COVID-19, flu and RSV.

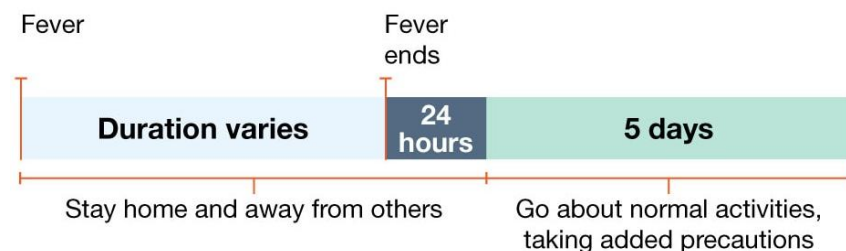
If you get sick:

- **Step 1: Stay at home.** As much as possible, you should stay home and away from others until at least 24 hours after both:
 1. Your symptoms are getting better overall, **and**
 2. You have not had a fever (and are not using fever-reducing medication).
- **Step 2: Resume normal activities, and use added prevention strategies** over the next five days, such as taking more steps for cleaner air, enhancing your hygiene practices, wearing a well-fitting mask, keeping a distance from others, and/or getting tested for respiratory viruses.

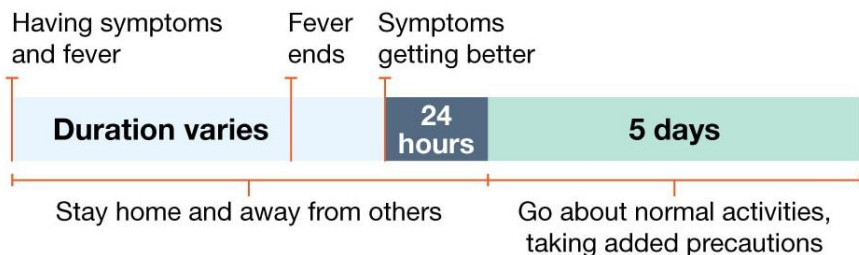
Example 1: Person with fever and symptoms



Example 2: Person with fever but no other symptoms



Example 3: Person with fever and symptoms, fever ends but other Symptoms take longer to improve



Example 4: Person gets better and then develops a fever

