



DEPARTMENT OF PUBLIC HEALTH

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COVID 19 ISOLATION AND QUARANTINE GUIDELINES

Updated March 20, 2024

The Centers for Disease Control have updated their respiratory virus guidelines to include influenza, COVID-19, Respiratory Syncytial Virus and other viral illnesses.

Symptoms of respiratory viruses include fever, chills, fatigue, cough, runny nose, and headache.

If you develop symptoms of a respiratory virus, you should stay home for at least 24 hours. If you are getting better overall and have not had fever (100.6 or higher) without taking fever reducing medicine, you may resume your normal activities but you should take precautions to prevent the spread of the virus for another five days.

Respiratory Symptoms or Fever	Fever ends and symptoms getting better	
Duration varies	24 hours	5 days
Stay home	Normal activities with precautions	

Consider these measures to prevent further spread:

1. Cleaner Air: open windows, use fans, turn heating/air conditioning system fans to ON.
2. Hygiene: cover your coughs and sneezes, wash your hands with soap and water. If soap and water are not available, using hand sanitizer. Clean frequently touched surfaces.
3. Masks: masks reduce the spread of the virus to others. N95 or KN95 respirators are best.
4. Physical distancing; Avoid crowded areas where you may be unable to maintain physical distance.
5. Testing: home tests or tests by your doctor can guide your next steps.

These precautions are not mandatory. Each person should use the steps which apply to his or her individual situation.

This information is taken from the Centers for Disease Control update March 1, 2024. Website:

<https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html>

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