

New **CDC guidelines** for COVID & other respiratory illnesses

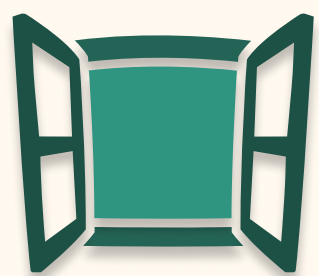
Test positive for COVID-19 or another respiratory illness?
You can resume normal activities when:

Their symptoms have been *improving* for at least 24 hours

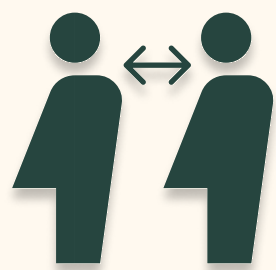


They have been *fever-free* without medications for at least 24 hours

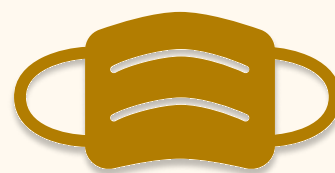
CDC also recommends 5 precautions:



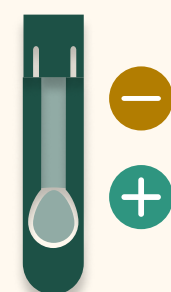
Improve Ventilation



Keep Your Distance



Wear Masks



Get Tested



Wash Hands Often

These 5 steps help slow the spread of COVID-19, flu, RSV and other respiratory viruses.