

What if I get sick?

There are new **CDC guidelines** for COVID & other respiratory illnesses.

Test positive for COVID-19 or other common respiratory virus?
You can resume normal activities when:

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



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

Example 1: Fever + symptoms

Elena has a fever and a sore throat. She needs to stay home and away from others until her symptoms and fever are gone for **at least 24 hours**.



When Elena returns to her normal activities, she takes **added precautions** for 5 days.

Example 2: Fever & no other symptoms

Sean has a fever but **NO** other symptoms. He stays home and away from others until his fever is gone for **at least 24 hours**.



When Sean returns to his normal activities, he takes **added precautions** for 5 days.

Example 3: Fever ends, symptoms take longer to improve

Isabella's fever ends, but her other symptoms are **taking longer to improve**.



She stays home and away from others until her other symptoms improve for at least **24 hours**. Isabella returns to her normal activities, taking **added precautions** for 5 days.

Example 4: Fever & symptoms end, then fever returns

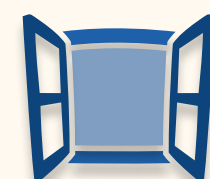
Max has symptoms so stays home. After **24 hours** of their symptoms getting better, Max returns to normal activities while **taking added precautions**.



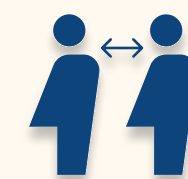
Then Max gets a fever. Max stays home and away from others until the fever is gone for **24 hours**. Max returns to normal activities, taking **added precautions** for 5 days.

Respiratory virus guidance
iHeard St. Louis

What are **added precautions**?



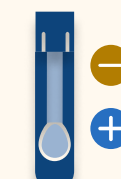
Improve ventilation



Keep your distance



Wear masks



Get tested



Wash hands often