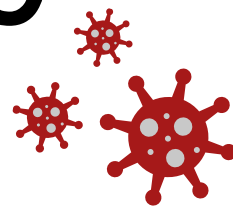




UPDATED COVID-19 GUIDANCE



IF YOU TEST POSITIVE FOR COVID-19

Stay home and away from others until no fever for 24 hours (without using fever-reducing medication), **and** until at least 24 hours after symptoms are getting better overall (person is starting to feel better and body is returning to normal).

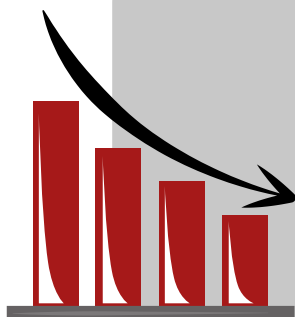


MAINTAIN PREVENTION STRATEGIES FOR 5 DAYS

Help lower the chance of spreading COVID-19 to others by continuing added precautions (enhanced hygiene practices, wear a well-fitting mask, keep a distance from others, get tested for other respiratory illnesses if able, etc.), as individuals can remain contagious beyond their isolation at home.

WHAT CAN EVERYONE DO?

Stay up to date with immunizations, practice good hand hygiene, take steps for cleaner air, follow recommended guidance when you are sick, etc. Additional prevention strategies to provide further protection include wearing a mask, physical distancing, and testing.



WHY THE CHANGE?

Protective tools, like vaccination and treatment, are now widely available. Fewer people are getting seriously ill from COVID-19, and hospitalizations and deaths are decreasing. These changes better align with other respiratory illnesses (flu and RSV). This does not mean that seasonal respiratory viruses are not a threat. They can have serious impacts, and can be deadly. Respiratory viruses and patterns of illness can change.

