

New Guidance from IDPH and CDC for Respiratory Viruses (COVID-19, FLU and RSV)

The CDC and IDPH have revised their guidance for quarantine for COVID-19 and have created guidelines for respiratory viruses, which include COVID-19, influenza (flu) and RSV. All of these illnesses are respiratory in nature and can be spread through droplets, such as sneezing and coughing, and are easily transmissible to others. Below are the current guidelines for all of the above illnesses. **Please call Health Services at Ext. 3051, if you have any questions and remember to stay home if you are sick.**

You can go back to your normal activities when, for at least 24 hours, both of these are true:

- Your symptoms are getting better overall.
- You have not had a fever (and are not using fever-reducing medication).

When you go back to your normal activities, take added precaution over the next five days, such as taking additional [steps for cleaner air, hygiene, masks, physical distancing](#) and/or [testing](#) when you will be around other people indoors.

- Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were.
- If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until, for at least 24 hours, both of these are true: your symptoms are improving overall and you have not had a fever (and are not using fever-reducing medication). Then take added precaution for the next five days.

If you never had symptoms, but tested positive for a respiratory virus, you may be contagious.

- For the next five days, take added precaution, such as taking additional [steps for cleaner air, hygiene, masks, physical distancing](#) and/or [testing](#) when you will be around other people indoors. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses.

