



3/4/24

Updated Guidance on Respiratory Viruses

The CDC has released [updated recommendations](#) for how people can protect themselves and their communities from respiratory viruses, including COVID-19. The new guidance brings a unified approach to addressing risks from a range of common respiratory viral illnesses, such as COVID-19, flu, and RSV, which can cause significant health impacts and strain on hospitals and health care workers. CDC is making updates to the recommendations now because the U.S. is seeing far fewer hospitalizations and deaths associated with COVID-19 and because we have more tools than ever to combat flu, COVID, and RSV.

Common sense solutions to protect ourselves and others from serious respiratory illnesses are still in effect:

- **Staying home** when one is ill. Return to school when, for at least 24 hours, symptoms are improving overall, and if a fever was present, it has been gone without use of a fever-reducing medication. While never a requirement, the use of a mask as added protection upon return for a few days is permitted.
- **Staying [up to date with vaccination](#)** to protect people against serious illness, hospitalization, and death. This includes flu, COVID-19, and RSV if eligible.
- **Practicing good hygiene** by covering coughs and sneezes, washing or sanitizing hands often, and cleaning frequently touched surfaces.
- **Taking steps for cleaner air**, such as bringing in more fresh outside air, purifying indoor air, or gathering outdoors.

While every respiratory virus does not act the same, adopting a unified approach to limiting disease spread makes recommendations easier to follow. Consulting with one's health professional as needed is encouraged.