

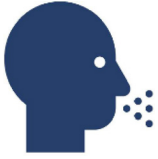
流感、新冠病毒或呼吸道合胞病毒等常见呼吸道病毒的症状可能包括发烧、发冷、疲乏、咳嗽、流鼻涕和头痛。请遵循这些建议以降低传染的风险，并了解您何时可能需要治疗。本指南不适用于卫生保健工作者。

如果您有呼吸道病毒感染症状

- **避免与他人接触**，包括那些与您同住但没有生病的人。如果您无法避免与他人接触，请遵循以下额外步骤，以降低传染的风险。
- **考虑进行新冠病毒检测**，以帮助您决定是否需要采取更多措施来保护自己 and 他人。
- **立即与医疗保健提供者讨论治疗方案**，尤其是如果您患重病的风险较高或症状恶化。重病风险较高的人群包括幼儿、老年人、免疫系统较弱的人、孕妇和残疾人。
- 必须在生病后几天内及时治疗才能保证见效。这些药物可以减少您病重或需要去医院的可能性。

恢复正常活动

- **如果您总体感觉症状好转，并且在未服用退烧药的情况下至少 24 小时没有发烧**，则可以在至少一天（24 小时）后恢复正常活动。
- **恢复正常活动后，请在接下来的 5 天内采取这些额外步骤**。您采取的步骤越多，您传染他人的风险就越低。
 - 用肥皂和水洗手或经常使用洗手液。
 - 尽可能与他人保持距离。
 - 戴上贴合且高质量的口罩。
 - 通过打开窗户、使用空气过滤器或在室外聚会来改善空气质量。
 - 尽可能清洁和消毒表面。
- 即使您感觉症状好转，仍可能会继续将病毒传播给他人。如果您开始发烧或开始感觉不舒服，请避免再次与他人接触，直到您感觉好转为止。
- 您的工作场所、学校或托儿服务计划可能会有不同的生病后遣返政策。请直接与该组织联系以了解更多信息。



Symptoms of common respiratory viruses-like flu, COVID-19 or RSV-may include fever, chills, feeling very tired, cough, runny nose and headache. Follow these recommendations to lower the risk of getting other people sick and to know when you might need treatment. This guidance does not apply to health care workers.

If You Have Respiratory Virus Symptoms

- **Avoid contact with other** people-including those you live with who are not sick. If you can't avoid contact with others, follow the extra steps below to lower the risk of getting others sick.
- **Consider testing for COVID-19** to help you decide if you need to take more steps to protect yourself and others.
- **Talk to a health care provider about treatment** right away if you are at higher risk of getting very sick or if your symptoms get worse. People at higher risk for severe illness include young children, older adults, people with weakened immune systems, people who are pregnant, and people with disabilities.
- Treatment must be started within a few days of getting sick to work. These medicines can make it less likely you will get very sick or need to go to the hospital.

Returning to Normal Activities

- You can go back to normal activities after at least one day (24 hours) **if you are feeling better overall and have not had a fever for at least 24 hours** without using fever-reducing medicines.
- **After returning to normal activities, take these extra steps for the next 5 days.** The more steps you take, the lower your risk of getting others sick.
 - Wash your hands with soap and water or use hand sanitizer often.
 - Keep a physical distance from other people as much as possible.
 - Wear a face mask that fits well and is high quality.
 - Improve the air quality by opening a window, using an air filter, or gathering outside.
 - Clean and disinfect surfaces as much as possible.
- You can continue to spread the virus to others, even if you're feeling better. If you develop a fever or start to feel worse, avoid contact with others again until you feel better.
- Your workplace, school or child care program may have different return policies after being sick. Please check with the organization directly to learn more.