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.