

UPDATED Protocols for COVID-19

On March 01, 2024, CDC updated COVID-19 guidance by removing the 5-day COVID-19 isolation recommendation.

According to the [CDC's updated guidance](#), those who test positive for COVID-19 should stay home and away from others. The recommendations suggest returning to normal activities when, for at least 24 hours, symptoms are improving overall, and if a fever was present, it has been gone without the use of fever-reducing medications.

Students and community members who have symptoms suggestive of a viral respiratory illness such as the flu, RSV, or COVID-19 are now advised to follow the updated [respiratory virus guidance published by the CDC](#).

The updated guidance recommends the following [core prevention strategies](#) to protect yourself and others from common respiratory viral illnesses such as COVID-19, Flu, and RSV.

- Stay up to date with [immunizations](#)
- Practice good [hygiene](#) (practices that improve cleanliness)
- Take steps for [cleaner air](#)
- When you may have a respiratory virus:
 - Use [precautions to prevent spread](#)
 - Seek health care promptly for testing and/or treatment if you have [risk factors for severe illness](#); [treatment](#) may help lower your risk of severe illness

Respiratory Virus Guidance Snapshot

Core prevention strategies

- Immunizations**: Illustration of a person with a vaccine vial.
- Hygiene**: Illustration of a person washing hands at a sink.
- Steps for Cleaner Air**: Illustration of a window with a fan and a plant.
- Treatment**: Illustration of a person on the phone with a pill bottle.
- Stay Home and Prevent Spread***: Illustration of a person in bed.

Additional prevention strategies

- Masks**: Illustration of a person wearing a face mask.
- Distancing**: Illustration of two people with a distance arrow between them.
- Tests**: Illustration of a person using a rapid test kit.

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

***Stay home and away from others until, for 24 hours BOTH:**

- Your symptoms are getting better
- You are fever-free (without meds)

Then take added precaution for the next 5 days

Students living with a roommate in residential housing are strongly encouraged to go home until symptoms improve. If this is not possible, residential students will stay in their current room assignment, and can use added precautions such as masking, handwashing, and surface cleaning to reduce transmission risks to the roommate(s). Residential students who need additional support should contact Residence Life directly.

The University reserves the right to update protocols and requirements.