

Protocols for COVID-19

On March 01, 2024, CDC updated COVID-19 guidance by removing the 5-day COVID19 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 may find guidance at this link: [Preventing Spread of Respiratory Viruses When You're Sick | Respiratory Illnesses | 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 woman with her arms crossed.
- Hygiene**: Illustration of a woman washing her hands at a sink.
- Steps for Cleaner Air**: Illustration of an open window with a fan and a plant.
- Treatment**: Illustration of an elderly man on a phone next to a pill bottle.
- Stay Home and Prevent Spread***: Illustration of a woman holding a red card.

Additional prevention strategies

- Masks**: Illustration of a person wearing a face mask.
- Distancing**: Illustration of two people standing apart with a dashed line 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

Residential students may choose to return home or stay in their current room assignment, and use added precautions such as masking, handwashing, and surface cleaning to reduce transmission risks to roommate(s).

Residential students who need additional support should contact Residence Life directly.

The University reserves the right to update protocols and requirements.