

### COVID Prevention:

CDC recommends that all people use prevention strategies to protect themselves and others from COVID-19:

- Stay up to date with COVID-19 vaccines.
  - Although vaccinated people sometimes get infected with the virus that causes COVID-19, staying up to date on COVID-19 vaccines significantly lowers the risk of getting very sick, being hospitalized, or dying from COVID-19.
- Practice good hygiene (practices that improve cleanliness)
- Take steps for cleaner air.

### When you are sick:

- Stay home.
- Use precautions to prevent spread, including staying home and away from others (including people you live with who are not sick) if you have respiratory symptoms.
- 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, but it needs to be started within a few days of when your symptoms begin.

### Returning to Work:

You can go back to your normal activities when, for at least 24 hours, both are true:

- Your symptoms are getting better overall, and
- You have not had a fever (and are not using fever-reducing medication).

When you go back to your normal activities, take added precaution over the next 5 days, such as taking additional steps for cleaner air, hygiene, masks, physical distancing, and/or testing when you will be around other people indoors. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses.

Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were.

If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until, for at least 24 hours, both are true: your symptoms are improving overall, and you have not had a fever (and are not using fever-reducing medication). Then take added precaution for the next 5 days.