

The CDC (Center for Disease Control) has issued new COVID-19 Isolation Guidance and aligned protocol to reflect those for other respiratory illnesses (flu and RSV).

The mandatory five-day isolation period has been discontinued.

People with respiratory illnesses may resume daily activities if they have been fever free for at least 24 hours without the aid of medications and if their symptoms are improving.

The updated guidance is as follows:

- No longer required to isolate if fever free for 24 hours.
- Resume normal activities.
- Recommend wearing a mask for 5 days.
- Continue to practice good hygiene with proper hand washing and covering coughs and sneezes.
- Limit contact with others.



For additional information, the following links are available:

Jefferson County Public Health

<https://co.jefferson.ny.us/respiratoryvirusguidance>

Center for Disease Control

<https://www.cdc.gov/respiratory-viruses/guidance/respiratory-virus-guidance.html>

<https://www.cdc.gov/respiratory-viruses/prevention/index.html>