

Stay up to date on respiratory guidance, as seasonal respiratory illnesses continue to circulate!

The Department of Public Health guidance is for all respiratory viruses including COVID-19, flu, and RSV, as they share similar transmission methods, symptoms, and prevention strategies. This unified approach aims to simplify recommendation and address common risks more effectively.

### **If you have symptoms of a respiratory virus (isolation):**

If you have **respiratory symptoms**, such as a fever, sore throat, cough or a runny or stuffy nose, you should **stay home and stay away from others** in your household.

### **Return to normal activities with precautions if:**

- You have not had a fever for at least 24 hours (without the use of fever reducing medicines);  
**AND**
- Your other symptoms are improving

### **Then, take extra precautions for at the least the first 5 days**

- Avoid crowded indoor spaces. Wear a mask anytime you are indoors around other people
- Wash your hands often with soap and warm water. If soap and water are not available, use hand sanitizer containing at least 60% alcohol.
- Avoid spending time with people who are at increased risk for severe disease.

### **If you were exposed to someone with a respiratory virus (exposure precautions):**

If you have been exposed to someone with a respiratory virus, you do not need to stay home as long as you remain asymptomatic.

To protect others, especially those with risk factors for severe illness, take precautions:

- Wash your hands often
- Consider wearing a mask and avoiding crowded places
- Monitor yourself for symptoms carefully
- Stay home if you start to develop any signs of illness.

Please note that guidance for “Health care settings” has not changed. View specific guidance and protocols for health care settings: [Guidance for Health Care Personnel with SARS-CoV2 Infection or Exposure](#).

Additionally, schools and childcare settings should follow the recommendations for the general population. Children under 2 years are not asked to mask when they return to normal activities.

To review the DPH guidance, visit: [www.mass.gov/isol8](http://www.mass.gov/isol8)

