

The CDC has now grouped COVID-19 together with all respiratory illnesses and the quarantine recommendations have changed. Anyone who has experienced a respiratory illness **can go back to your normal activities when, for at least 24 hours you have not had a fever (and are not using fever-reducing medication) and your symptoms are getting better overall.** Further preventative measures to reduce transmissions such as wearing masks, washing hands, and staying 6' away from others should also be observed.

For more information, visit the CDC site at: [About Preventing Spread of Respiratory Viruses When You're Sick | Respiratory Illnesses | CDC](#)