

DO YOU HAVE RESPIRATORY VIRUS SYMPTOMS, like those from COVID-19, influenza, or RSV?

This information is for the general public and non-health care settings, such as schools and child cares. It does not apply to health care settings, correctional facilities, or homeless shelters.

1 If you are sick, stay home and away from others, including those you live with who are not sick.

You can go back to your normal activities when both of the following have been true for at least 24 hours:

- Your symptoms are getting better overall, and
- You have not had a fever

Test for COVID-19 if available. Testing for COVID-19 can help you get effective treatment and protect people at high risk. You may still have COVID-19 or another contagious respiratory illness, even if you get a negative home test result.

Are you at high risk of getting very sick from COVID-19 or influenza?

Talk to your health care provider right away to determine if you are eligible for treatment, even if your symptoms are mild.



[COVID-19 treatment](#)



[People at higher risk of flu complications](#)

2 When returning to normal activities, wear a mask and take precautions over the next 5 days, such as:



Improving airflow and filtration.



Washing hands often with soap and water.



Physically distancing.



Cleaning frequently.



Using testing before being around other people indoors.



If you test positive for COVID-19 but don't have symptoms, you should still wear a mask and take additional precautions for 5 days.

Respiratory virus symptoms may include:

Cough
Fever
Chills
Headache
Sore throat
Runny or stuffy nose
Sneezing
Chest discomfort
Decrease in appetite
Vomiting
Diarrhea
Fatigue
Muscle or body aches
New loss of taste or smell
Weakness
Wheezing

If you have questions about your illness or are worried about your symptoms, reach out to your healthcare provider.

Consider staying away from people who are at high risk of getting very sick from COVID-19 (such as older adults and people with weakened immune systems) until:

- 10 days have passed since your illness began, or
- You test negative for COVID-19 with an antigen test (such as a self test).

If you must be around someone at high risk of getting very sick during this time, wear a mask.



[Learn more about what to do when you are sick with COVID-19 or another respiratory virus.](#)



[Severe COVID-19 risk factors](#)