



[CDC respiratory virus recommendations](#) **for illness such as COVID, Influenza, and RSV.**

As part of the guidance, CDC provides active recommendations on core prevention steps and strategies:

- **Staying [up to date with vaccination](#)** to protect people against serious illness, hospitalization, and death. This includes flu, COVID-19, and RSV if eligible.
- **Practicing good hygiene** by covering coughs and sneezes, washing or sanitizing hands often, and cleaning frequently touched surfaces.
- **Taking steps for cleaner air**, such as bringing in more fresh outside air, purifying indoor air, or gathering outdoors.

The recommendations suggest returning to normal activities when, for at least 24 hours, symptoms are improving overall, and if a fever was present, it has been gone without use of a fever-reducing medication.

Once people resume normal activities, they are encouraged to take additional prevention strategies for the next 5 days to curb disease spread, such as taking more steps for cleaner air, enhancing hygiene practices, wearing a well-fitting mask, keeping a distance from others, and/or getting tested for respiratory viruses. Enhanced precautions are especially important to protect those most at risk for severe illness, including those over 65 and people with weakened immune systems.

SHS will no longer issue letters that can be used to obtain an excused class absence, as required isolation is not included in the CDC recommendations for COVID-19. Students may still request a courtesy absence notification to be sent to instructors by the Dean of Students Office through the [Report an Absence](#) portal.