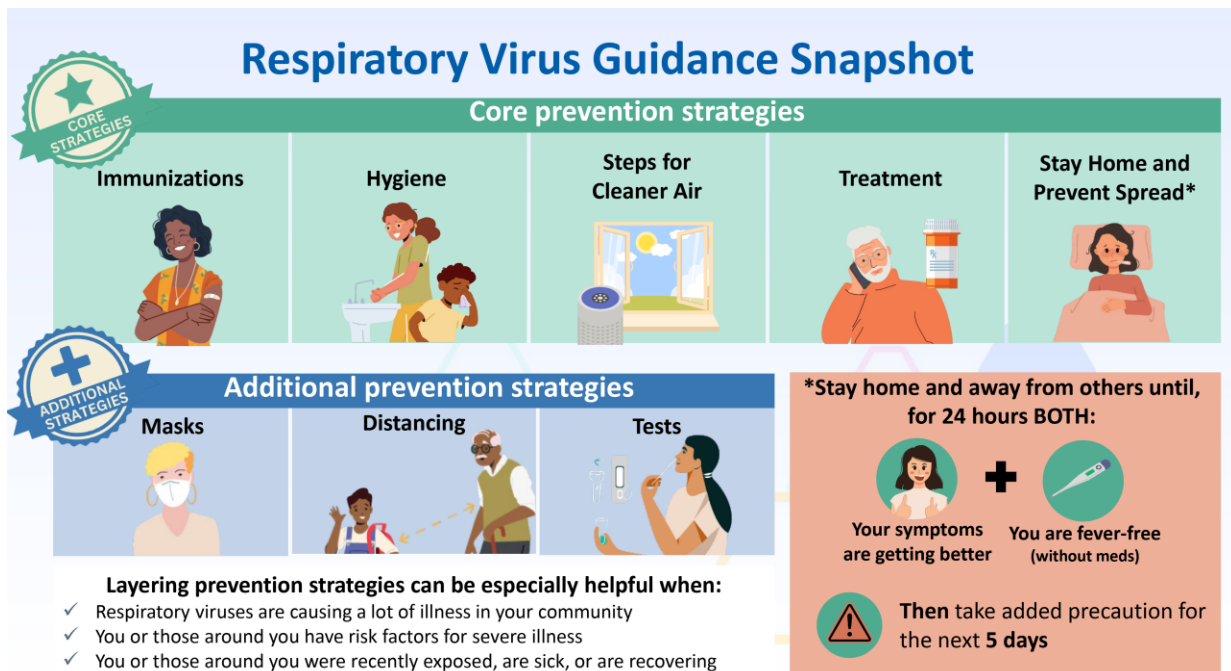# Updated guidance for respiratory illnesses, including COVID-19

Updated March 27, 2024

Respiratory Virus Guidance Snapshot

Core prevention strategies

Immunizations · **Hygiene** · **Steps for Cleaner Air** · **Treatment** · **Stay Home and Prevent Spread***

Additional prevention strategies

Masks · **Distancing** · **Tests**

Layering prevention strategies can be especially helpful when:
- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

*Stay home and away from others until, for 24 hours BOTH:

Your symptoms are getting better **+** You are fever-free (without meds)

⚠ **Then** take added precaution for the next **5 days**

If you test positive for COVID-19 or other respiratory illness or simply have symptoms, follow CDC guidelines for when to return to campus. Isolation for a specific period is no longer required.

Please follow the following guidance when you are sick:

- **Stay home when feeling unwell:** if you are sick, you should stay home for at least 24 hours after a fever is gone **and** other symptoms have improved. Temperature should be measured without fever-reducing medicines. When ready to return to normal activities, use increased precautions around others like distancing, masking, and gathering in open air spaces, for a minimum of five days

- **Test for flu and COVID-19:** Testing for COVID-19 and influenza is available for current HSU students, by appointment at Student Health and Wellness,

call 870.230.5102. At-home COVID-19 antigen tests are available for purchase at pharmacies.

- **Wear a mask:** When you are not feeling well, wear a mask if you must leave your home. You may also be asked to wear a mask in healthcare settings if you have symptoms of a respiratory illness.

FAQ

https://www.cdc.gov/respiratory-viruses/guidance/faq.html