

Employer Alert: CDC Updates and Simplifies Respiratory Virus (COVID) Recommendations as of March 1, 2024

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The Centers for Disease Control and Prevention (CDC) has updated its COVID guidelines for 2024, removing the five-day isolation recommendation as the agency said it aims to mirror guidance for other respiratory infections.

The following information has been published by the [CDC](#):

The changes mean people can return to work or regular activities if their symptoms are mild and improving and it's been a day since they've had a fever, but the CDC still recommends those with symptoms stay home. "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," the guidance states. Once activities are resumed, the CDC still recommends "additional prevention strategies" for an additional five days, including wearing a mask and keeping distance from others.

The agency is emphasizing that people should still try to prevent infections in the first place, by getting vaccinated, washing their hands, and taking steps to bring in more outdoor fresh air.

The updated guidance also includes specific sections with additional considerations for people who are at higher risk of severe illness from respiratory viruses, including people who are immunocompromised, people with disabilities, people who are or were recently pregnant, young children, and older adults. Respiratory viruses remain a public health threat. The CDC will continue to focus efforts on ensuring the public has the information and tools to lower their risk of respiratory illness by protecting themselves, families, and communities.

This updated guidance is intended for community settings. There are no changes to respiratory virus guidance for healthcare settings.

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