

If you have a (non-COVID) flu-like illness. What should you do?

Additional info at: <https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html>

For most influenza-like illnesses, students can return to school/normal activities (while taking added precautions such as wearing a mask) when, for at least 24 hours, both of the following are true:

- Your symptoms are getting better overall, **and**
- You have not had a fever (and are not using fever-reducing medication).

CDC Example 1: Person with fever (other symptoms may/may not exist):

Having fever (and maybe other symptoms)	Fever ends without the use of fever-reducing medicine and symptoms getting better	
Duration varies	24 hours	5 days
Stay home and away from others		Go about normal activities but take added precautions (e.g., wear a mask)

CDC Example 2: Person with fever and other symptoms; fever ends but other symptoms take longer to improve:

Having symptoms and fever	Fever ends without the use of fever-reducing medicine	Symptoms getting better
Duration varies	24 hours	5 days
Stay home and away from others		Go about normal activities but take added precautions (e.g., wear a mask)

CDC Example 3: Person gets better and then gets a fever:

Symptoms	Symptoms getting better	Fever starts	Fever ends without the use of fever-reducing medicine			
Duration varies	24 hours	Duration varies	Duration varies	24 hours	5 days	
Stay home and away from others		Go about normal activities, taking added precautions		Stay home and away from others		Go about normal activities, taking added precautions (e.g., wear a mask)

Additional information: stolaf.edu/covid-19/if-you-are-sick/