



Respiratory Virus Guidance – All UConn Storrs and Regional Employees

Upon Developing Respiratory Symptoms (e.g., COVID-19, influenza, RSV)

Stay home and away from others (including people you live with who are not sick) if you have respiratory virus symptoms that aren't better explained by another cause. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache, among others.

Returning to Work

Return to your normal activities when, for at least 24 hours, both are true:

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

Taking Additional Precautions

When you return to your normal activities, take added precaution over the next 5 days, such as taking additional [steps for cleaner air](#), [hygiene](#), [masks](#), [physical distancing](#), and/or [testing when you](#) will be around other people indoors.

Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were.

If Respiratory Symptoms Return

If you develop a fever or start to feel worse after you have gone back to normal activities, stay home and away from others again until, for at least 24 hours, both are true: your symptoms are improving overall, and you have not had a fever (and are not using fever-reducing medication). Then take added precautions for the next 5 days.

Updated: March 5, 2024

Source: <https://www.cdc.gov/respiratory-viruses/guidance/respiratory-virus-guidance.html>