



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

common sense
is not that common

The NEW CDC COVID-19 Guidelines

Use the commonsense solutions we know work to protect ourselves and others from serious illness from respiratory viruses—this includes vaccination, treatment, and staying home when we get sick.

Stay up
to date with
vaccinations

Practice good hygiene:

- cover coughs and sneezes
- wash or sanitize hands often
- clean frequently touched surfaces

Take steps for cleaner air:

- bring in more fresh outside air
- purify indoor air
- gather outdoors

CSU Students: No need to contact the CARE team if you have COVID. Do inform your professors if you will be out.



The NEW CDC COVID-19 Guidelines

Sick with a respiratory virus?

The updated CDC guidance recommends you stay home and away from others.

Return to normal activities when, for at least 24 hours:

- symptoms are improving overall
- if a fever was present, it has been gone without use of a fever-reducing medication

Resuming normal activities? Take additional prevention strategies for the next 5 days to curb disease spread:

- take more steps for cleaner air
- wear a well-fitting mask
- get tested for respiratory viruses
- enhance hygiene practices
- keep a distance from others

Enhanced precautions are especially important to protect those most at risk for severe illness, including those over 65 and people with weakened immune systems.

common sense
is not that common