

HEALTH & FITNESS

THE CDC HAS RELEASED NEW COVID-19 GUIDELINES AROUND ISOLATION—HERE'S WHAT TO KNOW

The isolation period has changed.



Written by [Kaleb A. Brown](#), News Staff Writer who ties events you care about to products you need.
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Health officials for the Centers for Disease Control and Prevention (CDC) **announced an update to their COVID-19 guidelines** on Friday. Covering COVID-19 and other respiratory viruses such as **influenza** and respiratory syncytial virus (RSV), the new guidance revision shortens the time people are expected to isolate themselves. This marks the first revision to the COVID-19 guidelines since 2021.

According to the CDC, this change is meant to target these respiratory **illnesses** more broadly, as they share similar symptoms, means of spread, and containment strategies.

CDC officials still stress the importance of preventing the spread even amid the shortened isolation time. "We're in a different situation, but we must use the tools that work to protect against respiratory viruses," says CDC Director Mandy Cohen. "That's why our updated guidance emphasizes some core prevention actions to protect against severe illness from respiratory viruses."

Here is what to know about the updated **COVID-19** guidelines and how to continue staying safe.

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What are the new COVID-19 guidelines for 2024?

The CDC recommends that people who test positive for COVID-19 base their isolation period on their symptoms. Individuals can now end their isolation if they've been fever-free for 24 hours and other symptoms are improving. Preventative strategies like wearing a mask are recommended for five days after ending isolation.

COVID-19 symptoms

The most common symptoms of COVID-19 are as follows:

- Runny or stuffy nose
- Headache
- Fatigue
- Sneezing
- Sore throat
- Coughing
- Changes to sense of smell

Ways to curb the spread of COVID-19

Wear a mask

Whether you've left isolation and you're trying to prevent others from getting sick, or you're trying to avoid getting sick yourself, wearing a quality mask remains the most effective way to stop the spread of COVID-19. A KN95 or N95 mask can block 95% of the particles responsible for the transmission of COVID-19.



MAGID N95 Respirator Masks

A mask is the most effective way to curb the spread of COVID-19.

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Wash your hands often

Another way COVID-19 can spread is by touching your eyes, nose, or mouth after **touching a surface** that has COVID-19 particulates on it. You can prevent this by washing your hands. It's better to use soap and water, but hand sanitizer with at least 60% alcohol will work in a pinch.



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Monitor your symptoms with a thermometer

The presence of a fever (defined by the CDC as a temperature of 100.4°F or greater) is the basis of the new isolation guidelines regarding, so it's a good idea to check your temperature often with a thermometer. One of **the best thermometers you can buy** is this one by Femometer because of how quickly and accurately it gives readings. It also has a convenient high-temperature warning.



Femometer Thermometers

See whether or not you have a fever by using a thermometer.

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Use an at-home test

While a negative test is no longer the basis for ending isolation, a positive test result is still helpful in determining if you have COVID-19 in the first place. **Testing** is recommended for individuals at risk of serious hospitalization, as the sooner they get a positive result, the sooner they can coordinate with a healthcare provider to get the care they need.



COVID-19 Antigen Self Test

A COVID-19 test is helpful to know whether or not you have COVID-19.

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