

Feeling Sick?



U.S. CENTERS FOR DISEASE
CONTROL AND PREVENTION

Here's What To Do



CDC Respiratory Virus Guidance

Stay Home If You're Sick:

Stay home and away from others until **24 hours** after:

- Your symptoms are getting better, **and**
- You have not had a fever (without using fever-reducing medication)



Resume Activities Safely:

For the next **5 days**, take extra precautions:

- Get tested for respiratory viruses
- Wash hands regularly
- Improve indoor air (Open windows, Check air filters)
- Social distancing
- Wearing a well-fitting mask

If you're sick, report it to Public Health! (480) 362-2603