



*Town of Wallingford, Connecticut*  
*Health Department*

Vanessa Bautista, M.P.H., R.S.  
Director of Health

(203) 294-2065  
health@wallingfordct.gov

45 South Main Street Room 215  
Wallingford, CT 06492



Protect. Promote. Improve.



## 2024 CDC COVID-19 ISOLATION GUIDANCE

### Isolation:

- **Stay Home:** Remain at home and avoid contact with others.
- **Fever-Free:** Stay isolated until you are fever-free for 24 hours without the use of fever-reducing medication.
- **Symptoms Improvement:** Symptoms should be improving for 24 hours before ending isolation.
- **Continued Isolation:** If fever persists or symptoms worsen, continue isolation and seek medical advice.

### After Isolation:

- **Resume Normal Activities:** Once isolation criteria are met, resume normal activities.
- **Added Precautions:** For the next five days, take extra precautions:
  - **Avoid High-Risk Individuals:** Minimize contact with individuals who are more likely to experience severe illness from COVID-19, such as elderly individuals or those with underlying health conditions.
  - **Wear Masks:** Wear a high-quality mask when indoors and around others.
  - **Physical Distancing:** Maintain physical distance from others, especially in crowded or enclosed spaces.
  - **Testing:** Consider getting tested for COVID-19 if you will be in close contact with other people indoors.

## Respiratory Virus Guidance Snapshot

### Core prevention strategies

#### Immunizations



#### Hygiene



#### Steps for Cleaner Air



#### Treatment



#### Stay Home and Prevent Spread\*



### Additional prevention strategies

#### Masks



#### Distancing



#### Tests



#### Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

\*Stay home and away from others until, for 24 hours BOTH:



Your symptoms are getting better



You are fever-free (without meds)



Then take added precaution for the next 5 days