Scenario 1: Employees with a positive diagnosis and/or symptom of any respiratory virus.

1. You can go back to your normal activities when, for at least 24 hours, both are true:
   - Symptoms are getting better overall, and
   - You have not had a fever (and are not using fever-reducing medication).

2. When you go back to normal activities, take added precaution over the next 5 days, including wearing a mask while at work.

Scenario 2: You have been exposed (in close contact for more than 15 minutes):

1. Wear a mask at work for 10 days (day zero is the date of your last exposure)
2. Watch for symptoms
3. Test on Day 6
   - If you are positive, follow procedures above
   - If you are negative, continue taking precautions through Day 10.

See CDC for more information.