



## Guidelines for Exposure to Respiratory Viruses

Updated September 2025

The following is based on current [CDC Guidelines](#).

See the [National Foundation for Infectious Diseases](#) for further guidance.

### Core Prevention Strategies

The following general approaches are recommended for the prevention of COVID-19 and other respiratory viruses, including flu and RSV.

- ☐ Stay up to date with [immunizations](#)
- ☐ Practice good [hygiene](#)
- ☐ When you may have a respiratory virus:
  - ☐ Wear a mask when in close proximity to others
  - ☐ Take other [precautions to prevent spread](#)
  - ☐ Seek health care promptly for testing and/or treatment if you have [risk factors for severe illness](#)

### Symptoms of COVID-19 and Testing

Common symptoms are fever, cough, and shortness of breath. Other symptoms may include chills, muscle pain, headache, sore throat, and new loss of taste or smell. With the latest variant (Fall 2025), several media outlets have reported that COVID-19 symptoms may now include hoarseness or a dry, irritated throat among the main effects of the virus. If you were exposed to someone who tested positive for COVID-19 and you have any of these symptoms, you might have COVID-19. *Testing is still recommended for anyone with symptoms and/or exposure.*

### Guidelines for COVID-19 Exposure

- ☐ In cases of positive COVID-19, inform your supervisor and follow these guidelines.
  - ☐ Do not come to campus until you are fever-free without medication for 24 hours and your symptoms are improving.
  - ☐ If your symptoms are significant or if you are immunocompromised, contact your health provider for consultation.
  - ☐ After returning to campus, take additional precautions for the next 5 days, including wearing a quality mask on campus at all times and limiting close contact with others.
  - ☐ Consult with your supervisor regarding your work schedule and other questions.
- ☐ In cases of exposure to someone who is positive for COVID-19, exercise caution to avoid exposing others, including wearing a quality mask around others for 5 days.