



Public Health
Prevent. Promote. Protect.

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What to do if you might have the flu, COVID-19 or RSV

As of March 2024

The flu, COVID-19 and RSV (respiratory syncytial virus) are caused by viruses that can be spread through coughing, sneezing or even just talking. Symptoms can include fever, chills, fatigue, cough, runny nose and headache.

If you have symptoms of any of these diseases that are not better explained by another cause (for example, seasonal allergies):

- Stay home
- Stay away from others (including people you live with who are not sick)

You can go back to your normal activities when, after at least 24 hours, both are true:

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

When you go back to your normal activities, take added precaution over the next 5 days, such as

- hygiene (wash hands, cover mouth when coughing and sneezing, clean surfaces and doorknobs, do not share utensils)
- taking additional steps for cleaner air
- using masks
- physical distancing
- and/or testing when you will be around other people indoors to protect people who are weaker

Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were.

If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until, for at least 24 hours, both are true: your symptoms are improving overall, and you have not had a fever (and are not using fever-reducing medication). Then take added precaution for the next 5 days.

If you do not have symptoms but tested positive for a respiratory virus. You may be contagious. For the next 5 days, take added precaution, such as:

- hygiene (wash hands, cover mouth when coughing and sneezing, clean surfaces and doorknobs, do not share utensils)
- taking additional steps for cleaner air
- using masks
- physical distancing
- and/or testing when you will be around other people indoors to protect people who are weaker

For more details, visit <https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html>