

Frequently Asked Questions for General Public on COVID-19, Influenza and other Viral Respiratory Illnesses

Riverside University Health System – Public Health

1. **What are the recommendations if I am feeling unwell or believe I have COVID-19 or other respiratory illness?**
 - You should stay home if you are not feeling well. You may return to your normal activities once your symptoms have improved or resolved **AND** you are fever free for 24 hours without the use of fever reducing medication.
 - Get tested so you know what kind of germ you have and what treatments may be available.
 - 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. If your symptoms are improving overall, and you have not had a fever and are not using fever-reducing medication for at least 24 hours, you can resume normal activities again.
 - Consider wearing a well-fitted mask around others while you feel sick.
2. **Do I still need to wear a mask when I return to work or school?**
 - It is strongly recommended to wear a mask when returning to your normal activities through day 10 from symptom onset date. Masks can help prevent spread of germs, including COVID-19 and other respiratory viruses.
3. **What are the recommendations if I tested positive for COVID-19 or other respiratory illness and never had symptoms?**
 - You may still be contagious and should take precautions such as masking through day 10 from test date, practice hand hygiene, and staying away from others who may have a compromised immune system.
4. **What prevention strategies may I take to protect against COVID-19 and other respiratory illnesses?**
 - **Vaccinate:** Stay up to date with recommended immunizations. Vaccines are safe, effective tools that protect against a wide range of serious diseases, including COVID-19, influenza, and other communicable diseases.
 - **Hand Hygiene:** Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
 - **Wear a Mask:** Consider wearing a mask in crowded areas to prevent getting sick.
 - **Avoid Close Contact:** Stay away from people who are sick and maintain distance from others when you are sick.
 - **Clean and Disinfect:** Regularly clean and disinfect frequently touched objects and surfaces.
 - **Testing:** If you are sick or have been around someone who is sick get tested for respiratory viruses to help make prevention or treatment choices.
 - **Increase Ventilation:** Improving indoor air quality can help reduce the spread of airborne diseases and lower the risk of exposure. To increase airflow, open windows and doors or choose to gather outdoors. Using air purifiers can also help clean the air.

Additional Resources and Information

- [Riverside County Respiratory Viruses](#)
- [Respiratory Viruses Hub](#)
- [State of California Safe Schools for All Hub](#)
- [Considerations when a Child has Symptoms of Illness in Child Care or School](#)
- [Preventing Spread of Infections in K-12 Schools | CDC](#)
- [Influenza, COVID-19 and Respiratory Illness Outbreak Quicksheet](#)

***We thank you for your continued cooperation and commitment to keeping our communities safe.
Together, we can ensure a healthy environment for all.***