

To: Montgomery College Community

From: A Chevelle Glymph, Director, Public Health & Environmental Safety

Subject: Change in 5-Day isolation guidance.

Date: March 4, 2024

Good day, Raptor Community! I hope that the spring semester is going well for all. I am writing to share that Friday, March 1, 2024, the Centers for Disease Control and Prevention (CDC) dropped its 5-day isolation guidance. The policy shift focuses on actions people can take to reduce spreading a variety of common respiratory viruses, such as influenza, respiratory syncytial virus (RSV), and COVID-19.

The actions each individual should take to remain safe and health include:

- Staying at home when sick
- Staying up to date with vaccines
- Practicing good hygiene (covering cough, hand washing and using hand sanitizer)
- Improving air quality

One can return to public life (normal activities) after they have been fever-free for at least 24 hours, and symptoms are improving regardless of a positive test. In addition, when returning to normal activities, CDC recommends the following preventative strategies for the next 5-days:

- Limiting close contact with others
- Enhancing hygiene like hand-washing
- Improving ventilation
- Continuing to wear a mask
- And testing as needed.

The College continues to monitor and remain aligned in following guidance and applicable protocols from public health officials related to respiratory illnesses. Free KN95 masks remain available at the Public Safety Office on all three campuses for all members of the community.

If you have any questions regarding COVID-19 and other respiratory illnesses, please remember to contact Public Health & Environmental Safety at PublicHealth@montgomerycollege.edu for further information and guidance. The CDC provides a variety of information about respiratory viruses, including the [flu](#), [RSV](#) and [adenovirus](#).

Together we can keep our College community healthy!

Stay safe. Stay healthy.