

Important COVID Update, March 4, 2024

The CDC released [new recommendations](#) on Friday, March 1, 2024 regarding COVID-19. This new guidance aligns COVID-19 disease prevention actions with those of other viral respiratory conditions like the flu. One of the biggest changes the CDC made is that individuals who test positive for or have symptoms of COVID-19 **no longer need to isolate for 5 days. *Instead, you should stay home and stay away from others until your symptoms improve AND you have not had a fever (without medication), both for at least 24 hours.*** After that time you can resume normal activities but should follow core disease prevention strategies (see below) for the next 5 days, as you may still be able to spread the virus to others. This is the same guidance that the CDC provides for many other viral respiratory diseases. At the end of this email we have included example diagrams from the CDC of what this timeline may look like.

In light of these [new CDC recommendations](#), Healthy Knights has updated Arcadia University's COVID-19 policy. Most notably, **we are no longer requesting that Arcadia community members complete a self disclosure form** or report to Healthy Knights or Student Health Services when testing positive for COVID-19.

As a community, Arcadia will continue to welcome and support individuals who decide to take additional protective measures for themselves or others, such as wearing a mask or maintaining physical distance. In addition, Student Health Services will continue to make COVID-19 tests available to students.

For the continued health of the Arcadia community and its members, we also continue to recommend that you follow these **core disease prevention strategies**:

- Stay up to date with [immunizations](#)
 - Practice good [hygiene](#) (practices that improve cleanliness and reduce the potential for disease transmission)
 - Take [steps for cleaner air](#)
 - When you may have a respiratory virus:
 - Use [precautions to prevent spread](#)
 - Seek health care promptly for testing and/or treatment if you have [risk factors for severe illness](#); [treatment](#) may help lower your risk of severe illness
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Why was the guidance updated?

The CDC reached this conclusion based on the [scientific evidence](#), as detailed in its announcement. Here is the summary:

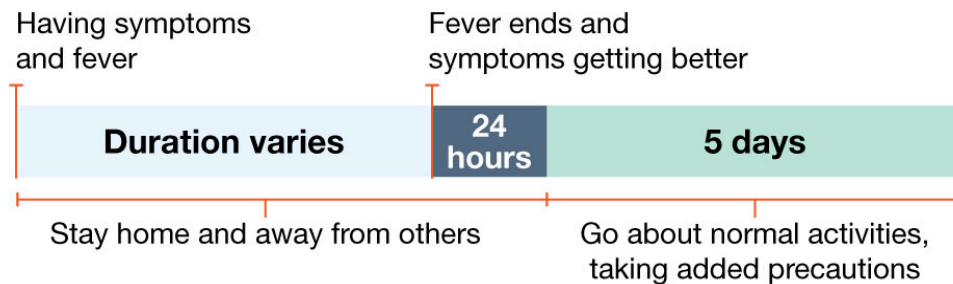
- Due to the effectiveness of protective tools and high degree of population immunity, there are now fewer hospitalizations and deaths due to COVID-19.

- Protective tools, like vaccines and treatments, that decrease risk of COVID-19 disease (particularly severe disease) are now widely available.
- There is a high degree of population immunity against COVID-19. More than 98% of the U.S. population now has some degree of protective immunity against COVID-19 from vaccination, prior infection, or both.

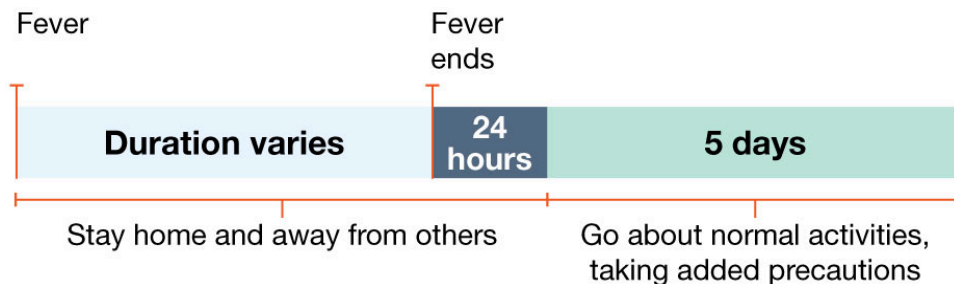
Healthcare settings may have additional disease prevention measures in place. If you have a clinical placement as a part of your studies here at Arcadia, please check with them about their current policy. At Arcadia, SHS will still require and provide a mask for sick visits.

Images from the [Centers for Disease Control and Prevention](#). These examples are for illustrative purposes and are not to scale.

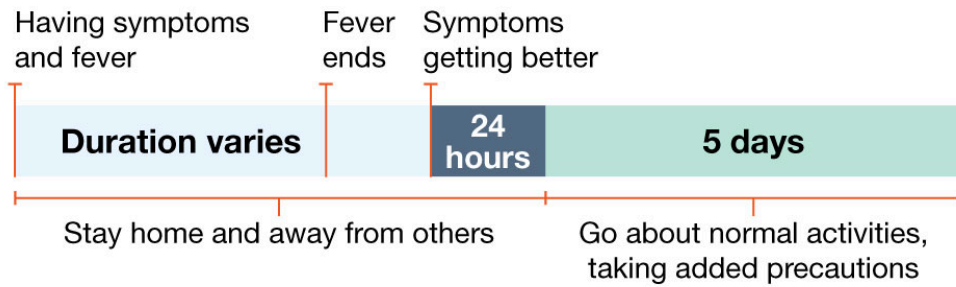
Example 1: Person with fever and symptoms



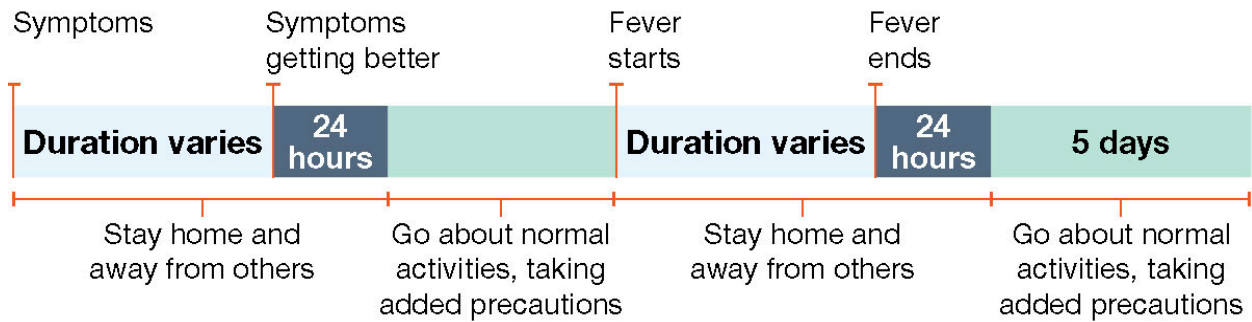
Example 2: Person with fever but no other symptoms



Example 3: Person with fever and other symptoms, fever ends but other symptoms take longer to improve.



Example 4: Person gets better and then gets a fever.



Example 5: Person never had symptoms but tested positive for a respiratory virus

You may be contagious. For the next 5 days (after testing positive) take added precautions when you are around other people indoors (see list above).