



Health & Wellness Center  
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Dear Student,

The CDC has released [updated recommendations](#) for how people can protect themselves and their communities from respiratory viruses, including COVID-19. The new guidance brings a unified approach to addressing risks from a range of common respiratory viral illnesses, such as COVID-19, flu, and RSV.

[When you are sick with a respiratory virus](#), stay home and away from others.

- You can go back to your normal activities when, for at least 24 hours, both are true:
  - Your symptoms are getting better overall, and
  - You have not had a fever (and are not using fever-reducing medication).
- When you go back to your normal activities, take added precaution over the next 5 days, such as taking additional steps for cleaner air, hygiene, masks, physical distancing, and/or testing when you will be around other people indoors.
  - 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.

#### STUDENT RESOURCES:

- [Counseling Services](#): 610-758-3880
- [Academic Support](#): 610-758-5181 | [intutor@lehigh.edu](mailto:intutor@lehigh.edu)
- [Lehigh's Absence Policy](#)
  - [Absence Reporting Form](#)

If you have questions after reading this information, you can send the Health & Wellness Center (HWC) a secure message with non-urgent inquiries through the [Student Health Portal](#) and a staff member will be in touch.