



Wingate University Respiratory Virus Isolation Policies

On March 1 2024, the CDC dropped the mandatory 5-day quarantine guidelines and policies related to COVID 19 in favor of the Respiratory Virus Guidelines. Per the Respiratory Virus Guidelines all individuals who experience and contract respiratory viruses should follow this policy to help reduce the spread of illness. If you contract a respiratory virus you should **Stay home and away from others** per CDC Guidelines. The Guidelines state an individual may return to work, school, or in-person activities when **symptoms are improving**, and **there is no fever for at least 24 hours** (this is without the use of fever reducers).

When ill/sick please see the Health Center. The Health center is reachable at (704) 233- 8102 from Monday- Friday 8 am - 4pm. The Health Center can be reached via email at health.center@wingate.edu and can follow up within the next business day.

All students, faculty and staff should understand that being on campus puts them at risk for communicable diseases such as Influenza (Flu), COVID 19 and Respiratory Syncytial Virus (RSV). Also, wearing a respiratory mask can help reduce the spread of viral illness and may be worn as needed.

Updated CDC Guidelines state that a reinfection with a respiratory virus, including COVID 19, is possible within 90 days. Please see a health care provider/the Health Center if examination and testing are desired.