



Public Health Update: Updated COVID-19 and Other Respiratory Illness Guidance and Nirsevimab Administration Ending

March 18, 2024

Please review important updates from Skagit County Public Health.

NOTE: Our 24 hour Communicable Disease phone number is 360-770-8852.

COVID-19 and Other Respiratory Illness Guidance

*The Washington State Department of Health has updated their guidance for individuals who are sick with COVID-19 and other respiratory viruses. **Please note, this updated guidance does not apply to healthcare settings.** People who are staying, working, or visiting in a health care setting, long-term care facility, or residential care setting, should continue to follow [these recommendations](#). Please see the [WA DOH webpage](#) for more detailed information.*

The new guidance applies to respiratory viruses including COVID-19, influenza, and RSV. A summary of the changes in the guidance include:

No longer requiring a universal 5-day isolation when testing positive for COVID-19. In general, the guidance now allows individuals to return to normal activities, with added precautions, when **both** of the following have been true for at least 24 hours:

- 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, wear a mask and take added precautions over the next 5 days, such as taking steps to improve air flow and filtration, practicing good hand hygiene, cleaning regularly, physical distancing, and testing when you will be around other people indoors. You may still be contagious with a respiratory virus after returning to your normal activities, so it is important to take additional precautions.

- People with COVID-19 are often contagious for 5-10 days after their illness begins.

- People with flu may be contagious for up to 5-7 days after their illness begins.
- People with RSV are usually contagious for 3-8 days after their illness begins.

Some people, such as those with a weakened immune system, can be contagious with a respiratory virus for longer periods of time.

Certain settings, like homeless shelters and correctional facilities, have more specific guidance, which can be found [here](#).

Nirsevimab Administration Ending March 31st

While the onset and duration of RSV season may vary throughout the United States, nirsevimab is typically administered October through the end of March in most of the continental US.

Healthcare providers should stop administering nirsevimab by March 31. **Nirsevimab will no longer be available for ordering through the Childhood Vaccine Program after March 14, 2024.**

Remaining inventory of nirsevimab is viable until its expiration date. Product should continue to be safely stored refrigerated between 36°F to 46°F (2°C to 8°C) and can be used when administration resumes next season. More information can be found here: [Frequently Asked Questions About RSV Immunization with Monoclonal Antibody for Children 19 Months and Younger | CDC](#)

Thank you for your partnership in keeping Skagit County healthy!



Skagit County Public Health Communicable Disease Division

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