



COVID-19 no longer means five days in isolation, CDC says

Description

U.S health officials have recently updated the rules for people with COVID-19. They have said that people don't need to be alone for five days. This is different from what they had said before.

According to the Centers for Disease Control and Prevention (CDC), if a person's symptoms are getting better and they have not had a fever for a day, then they can go back to work or their normal routines. But there are certain conditions.

This decision has been made because COVID-19 is not as threatening as it was before. At the start of the coronavirus crisis, it was the third biggest cause of death in the nation. But last year, it was only the 10th. Many people are immune to the virus now because they have either had it or have been vaccinated against it. In fact, many people were not following the five-day isolation rule anyway, according to some experts.

This new guideline has been made to protect people who could get very sick if they catch the virus, while also making the rules easier to understand and follow. However, there are some who are worried that this may put older and more vulnerable people at higher risk.

These new guidelines are similar to the ones for flu and other respiratory illnesses. If a person has a runny nose, cough, or any other symptoms, they should stay at home while they are sick. Even though people can still spread the virus when they test positive for it, the virus is not causing as much harm to us now.

However, the CDC guidelines for people who work at health care facilities, including nursing homes, stay the same. They are advised to stay at home for at least seven days after symptoms first appear and test negative within two days of going back to work.

Some people are worried about these changes. They are concerned that some employers may ask workers to return to work before they are ready or able to. This could put their coworkers at risk. Every week, the virus still causes more than 20,000 hospital cases and more than 2,000 deaths. People who are older than 65 are the most likely to be seriously affected by the virus.

Schools may not change their rules right away. They often look to local authorities for advice. Some have other goals in mind, such as reducing student absence.

This is not the first time that the CDC has changed its guidelines. At first, they advised 10 days of isolation, but later on, they reduced it to five days for people with no symptoms or only mild illness. People could only stop isolating if they hadn't had a fever for at least 24 hours without using fever-reducing medicine and if their symptoms were getting better.

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Vocabulary List:

1. **Guideline** // (noun): A set of rules or instructions to help people do something.
2. **Isolation** // (noun): The act of being separated from others.
3. **Vulnerable** // (adjective): Capable of being harmed or hurt.
4. **Transmission** // (noun): The act of passing something from one person or place to another.
5. **Pandemic** // (noun): A disease that affects people over a large geographical area.
6. **Quarantine** // (noun): The isolation of people or animals that have or may have a contagious disease.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. How does a virus spread from one person to another?

- Option: Through vaccination
- Option: Through transmission
- Option: Through isolation
- Option: Through quarantine

2. What is the term used for isolating people who have been exposed to a contagious disease to prevent its



spread?

- Option: Confinement
- Option: Vaccination
- Option: Quarantine
- Option: Medication

3. Which mental disorder is characterized by abnormal social behavior and failure to understand what is real?

- Option: Depression
- Option: Anxiety
- Option: Schizophrenia
- Option: Bipolar disorder

4. What does HPAI stand for in the context of bird diseases?

- Option: Highly Pathogenic Avian Influenza
- Option: Healthy Poultry and Avian Infections
- Option: High-Affinity Poultry Antiviral Infection
- Option: Hybrid Protein And Infection

5. What term is commonly used to describe a romantic or sexual relationship outside of marriage?

- Option: Marital bond
- Option: Conjunction
- Option: Affair
- Option: Connection

6. What is the envelope of gases surrounding the Earth or another planet?

- Option: Biosphere
- Option: Atmosphere
- Option: Ionosphere
- Option: Troposphere

7. Which medical professionals specialize in diagnosing and treating disorders of the nervous system?

- Option: Orthopedists
- Option: Cardiologists
- Option: Neurologists
- Option: Dermatologists

8. Which term describes someone who is susceptible to physical or emotional harm?

- Option: Protected
- Option: Powerful
- Option: Vulnerable
- Option: Resilient



9. How would you describe someone who is fully awake and attentive to what is happening around them?

- Option: Drowsy
- Option: Asleep
- Option: Alert
- Option: Unconscious

10. What term refers to limits or borders that define a person's space physical or emotional?

- Option: Barriers
- Option: Boundaries
- Option: Frontiers
- Option: Territories

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Medical professionals may recommend _____ for individuals infected with contagious diseases.

12. It is natural for parents to have _____ for the safety and well-being of their children.

13. The strong _____ coming from the garbage bin indicated that it needed to be emptied.

14. Respecting someone's _____ means not intruding on their personal matters without permission.

15. In any relationship _____ for each other is crucial for maintaining harmony and understanding.

16. The storm caused extensive _____ to the crops leading to financial losses for the farmers.

17. Cats are known for their agility and the ability to make high _____ to reach elevated surfaces.

18. The neighbors were involved in a _____ over the property boundary causing tension



in the community.

19. The smell of burning rubber is extremely _____ and can cause headache and nausea.

20. The team captain was _____ victory after a hard-fought match against their rivals.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. A is a global outbreak of a disease that affects a large population across multiple countries or continents.
22. An is a marital arrangement where both partners agree to have extramarital relationships.
23. is a neuropsychological condition in which faces are perceived in a distorted manner.
24. A is a set of rules or instructions to help people carry out a task effectively and safely.
25. The car accident resulted in significant to the vehicle's front end.
26. Individuals with pre-existing health conditions are at of developing severe complications from certain illnesses.
27. The speaker captured the audience's with her engaging presentation on the topic.
28. is a mental disorder characterized by abnormalities in perception and expression of reality.
29. Skin are areas of damaged tissue resulting from injury or disease.
30. The security guard remained throughout the night to ensure the safety of the premises.

Answer

Multiple Choice: 1. Through transmission 2. Quarantine 3. Schizophrenia 4. Highly Pathogenic Avian Influenza 5. Affair 6. Atmosphere 7. Neurologists 8. Vulnerable 9. Alert 10. Boundaries

Gap-Fill: 11. isolation 12. concern 13. odor 14. privacy 15. respect 16. damage 17. jumps 18. dispute 19. unpleasant 20. claiming

Matching sentence: 1. Pandemic 2. Open marriage 3. Prosopometamorphopsia (PMO) 4. Guideline 5. Damage 6. Higher Risk 7. Attention 8. Schizophrenia 9. Lesions 10. Alert



CATEGORY

1. Health - LEVEL3

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