



## COVID POLICY

### Updated: March 1, 2024

The Centers for Disease Control (CDC) announced a new policy focusing on actions to reduce the spread of common respiratory viruses, including COVID-19, influenza, respiratory syncytial virus (RSV), and other respiratory viruses.

People who test positive for COVID-19 will no longer be directed to isolate at home for five days. Instead, the CDC recommends commonsense solutions including vaccination, treatment, staying home when we are sick, and protecting others when we return to community settings, to protect ourselves and others from serious illness due to respiratory viruses.

In line with the updated strategies from the CDC, Ruffing has modified its COVID-19 policy for students, faculty, staff, substitute teachers, and visitors as follows:

1. Ruffing strongly recommends students, faculty, staff, substitute teachers, and visitors stay up to date with COVID-19 vaccinations.
2. Those with COVID-19 or any other respiratory virus must stay home and away from others until symptom free and fever free for twenty-four hours without the use of medication like Tylenol or Motrin.
3. For five days after returning to school, Ruffing strongly recommends wearing a well-fitting mask, keeping distance from others, and using enhanced hygiene practices like frequent handwashing.

**NOTE: This policy applies to COVID-19, influenza, RSV and other respiratory viruses.**

When the Ruffing community follows these commonsense actionable recommendations to avoid getting sick, and to protect others when we do get sick, it will help limit the spread of respiratory viruses and keep our students and teachers healthy.