

## Respiratory Virus Guidelines

On **March 1, 2024**, the CDC released new Respiratory Virus Guidelines for the general public that united recommendations for dealing with a range of common viral illnesses including COVID-19, flu and RSV. Below is a summary of the new recommendations that will take the place of our current COVID guidelines. More information may be found on the CDC website at this [link](#).

✔ People with symptoms of a respiratory virus should stay home and away from others until both are true for 24 hours:

- Symptoms are getting better overall **AND**
- If fever was present, it has been gone without the use of a fever-reducing medication

✔ Once people resume normal activities, they are encouraged to take additional prevention

strategies for the next 5 days to curb disease spread, such as:

- Taking more steps for cleaner air
- Enhancing hygiene practices
- Wearing a well-fitted mask is recommended, not required
- Keeping a distance from others
- Getting tested to prevent spread to others

As a reminder, each school has a limited number of at-home Covid test kits for staff or students to take home for use. The expiration dates have been extended by the FDA. If you would like to obtain a test kit, please contact your school nurse for availability.

Thank you for all your hard work to maintain the health and safety of our staff, students and families.