



AN EARLY COLLEGE DISTRICT

# BROWNSVILLE

INDEPENDENT SCHOOL DISTRICT

## **Respiratory Viral Illnesses**

**Such as: RSV, Covid-19, and Influenza**

**Students & Employees**

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# Respiratory Viral Illnesses

Such as: RSV, Covid-19, and Influenza

When to return to school or work after a respiratory illness:

- When, for at least 24 hours, both are true:
  - Your symptoms are improving overall, **and**
  - You have not had a fever (and are not using fever-reducing medication).
- After resuming normal activities, practice added precautions over the next 5 days, such as washing your hands, covering your cough and sneezes. Using a mask and physical distancing is encouraged when possible.
  - If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until, for at least 24 hours, both are true: your symptoms are improving overall, and you have not had a fever (and are not using fever-reducing medication). Then take added precaution for the next 5 days.

*Ref: <https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html>*

