

Throughout the year, multiple viruses and other illnesses make their way through the schools and communities. Currently, we are seeing an influx in illness. Please help us fight infections by following the guidelines below for ALL illnesses.

### **Infection Disease Reduction Guidelines:**

Purpose of these guidelines are to slow the spread of infections, protect children, families, and staff, and to support a healthy learning environment.

Guidelines apply to all students and staff.

Students who have symptoms of respiratory or gastrointestinal infections, such as cough, congestion, runny nose, fever, sore throat, stomach pain, vomiting, or diarrhea, should stay home. *(The first 5 days of illness are the most contagious).*

1. **Stay home** until symptoms have significantly improved.

*AND you can effectively participate in the school day.*

*AND, and you are fever free for at least 24 hours without fever reducing medications.*

2. Currently there is **no mandated** quarantine or mask requirement. However, 5 days of isolation and a mask is recommended by the Centers for Disease Control for the above symptoms to help reduce spread of infections.

3. **Test** for COVID, Flu, RSV, Strep and other infections early in the illness. Treatment is sometimes available and can shorten the duration of the illness.

- *If someone in your household is waiting on test results or tests positive for a viral illness monitor the rest of the family closely for symptoms. Infections are most contagious in the first few days so consider keeping the student home and/or wearing a mask even with minor symptoms.*

4. **Get vaccinated** to help your body fight infections. However, vaccination status does not affect these guidelines.

This guidance is based off CDC recommendations and are subject to change.

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