



## POTTSGROVE SCHOOL DISTRICT

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Dear Pottsgrove Families,

The CDC has recently issued updated guidance regarding "respiratory illnesses," including positive COVID-19 cases and [Preventing the Spread of Infections in K-12 Schools](#). There is no longer an isolation period for COVID-19 but rather the guidance advises students to remain home when experiencing symptoms.

Since our District Health and Safety Plan follows CDC recommendations, effective immediately, Pottsgrove students who experience respiratory illness symptoms, including those who have tested positive for COVID-19, may return to school once their symptoms have improved, and they have been fever-free without fever-reducing medication for a minimum of 24 hours. This applies to all cases of respiratory illness, including COVID-19, and replaces the previous requirement of five days of absence from the onset of symptoms. There is no longer a set number of days for individuals to remain absent from school following the onset of symptoms.

At this time, the CDC has not issued a recommendation for individuals to stay home if they have been in contact with others who have tested positive for COVID-19. We encourage everyone to stay vigilant for any signs of symptoms and to remain at home if symptoms or fever begin.

*The questions and answers below help guide the decision-making process and provide suggestions for preventing illness for families and students given this updated guidance.*

**Q- What are the symptoms of a respiratory virus?**

A- A respiratory virus symptoms can include- fever, chills, fatigue, cough, runny nose, and headache.

**Q- How do you prevent the spread of a respiratory virus?**

**Step 1: Stay at home.** You should stay home and away from others until at least 24 hours after your symptoms are getting better overall, *and* you have not had a fever (and are not using fever-reducing medication). If your symptoms improve and stay better for 24 hours, you are less likely to pass your infection to others. Then, you can start getting back to your daily routine and move on to step 2.

**Step 2: Resume normal activities and use added prevention strategies** over the next five days, such as taking more steps to get cleaner air, enhancing your hygiene practices, wearing a well-fitting mask, keeping a distance from others, and getting tested for respiratory viruses.



**Q- When should you seek health care?**

A- People who are at higher risk for severe illness and who start to feel sick should seek health care so that they can access testing and treatment.

Here is a helpful visual to prevent the spread of respiratory viruses:

**Respiratory Virus Guidance Snapshot**

**Core prevention strategies**

- Immunizations
- Hygiene
- Steps for Cleaner Air
- Treatment
- Stay Home and Prevent Spread\*

**Additional prevention strategies**

- Masks
- Distancing
- Tests

**Layering prevention strategies can be especially helpful when:**

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

**\*Stay home and away from others until, for 24 hours BOTH:**

- Your symptoms are getting better
- + You are fever-free (without meds)

**Then take added precaution for the next 5 days**

**Resources:**

- <https://www.cdc.gov/respiratory-viruses/downloads/RVG-Summary-Graphic-508.pdf>
- <https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html>

Sincerely,

Pottsgrove School District