



MACCRAY Public Schools Respiratory Virus Guidance

Revision 8/2024

The goal of this guidance is to try to prevent or minimize illness spread. If students or staff are ill, this guidance is to give direction on how to alert school attendance and to determine when the ill person is ready to be back in school, feeling better and able to participate. MACCRAY Schools follow the recommendations from the Center for Disease Control and Prevention (CDC) Respiratory Virus Core Prevention Strategy. The CDC suggestions were updated (March 1, 2024). Click this link to see the [updated respiratory virus guidance](#).

CDC Respiratory Virus Core Prevention Strategy Suggests:

- Be immunized when possible.
- Practice and teach good handwashing and cough hygiene.
- Clean frequently touched surfaces often.
- Implement steps for cleaner air.
- Seek treatment when ill.
- Stay home when ill to prevent spread of illness.
- Screening/ testing for respiratory illness is recommended, but is voluntary.

Guidance for when to stay home with illness to minimize the spread of illness:

- Stay home and away from others until symptoms are getting better AND you have not had a fever greater than 100.0 degrees (without using fever-reducing medication) for 24 hours and symptoms are improving.
- Not all respiratory virus infections result in a fever, so paying attention to other symptoms (cough, muscle aches, etc.) is important as you determine when you are well enough to leave home. If illness prevents you from participating in routine activities, then consider staying home until feeling better.
- The CDC recommends (not required) that the individual wear a mask for 5 days following respiratory illness, especially if they will be near people who are susceptible to severe illness.

If your student in grades Pre-K-12 has symptoms of influenza-like-illness (ILI) or gastrointestinal illness then parents/guardians should report the influenza-like illness (including positive Influenza, Strep throat, RSV or COVID-19 case **to their school attendance line 320-847-2154**, just as they would any other illness. (Please state the illness or symptoms for our tracking purposes.) Parents/guardians/staff may consult the Licensed School Nurse, Dona Haines, RN, if they have questions or are seeking advice regarding returning to school.

- Katie Kimpling- Pre-K-5th grade ext 1301 kimplingk@maccray.k12.mn.us
- Kayla Dambrotten- 6-8th grade ext 1153 dambrottenk@maccray.k12.mn.us
- Kathi Beseman- 9-12th grade ext 1102: besemank@maccray.k12.mn.us

MDH requires schools to report to MDH when/if 10% of our students are absent due to [Covid 19](#), [influenza](#), [RSV](#), [influenza-like-illness \(ILI\)](#), or [gastrointestinal illness](#) (nausea, vomiting, diarrhea).

*Symptoms Improved: A person feels well and is able to return to normal activities. Any lingering symptoms such as a cough or runny nose should be mild or infrequent.

Questions can be directed to:

Dona Haines, RN, PHN, Licensed School Nurse

320-847-2154 x 1159

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