

Respiratory Guidance - Haviland Avenue School

Audubon Public Schools align with **Respiratory Guidance for K-12 Schools** from the New Jersey Department of Health, to prevent the spread of **ALL** common respiratory viruses such as COVID-19, influenza and RSV. These viruses share transmission methods, symptoms, and prevention strategies.

We ask our employees and parents/guardians to report cases of COVID and other respiratory illnesses when calling out sick. To call your child out from school, call the absence line at 856-546-4922 (prompt #1).

Symptoms of a respiratory virus can include fever, chills, fatigue, cough, runny nose, and headache, chest discomfort, chills, cough, decrease in appetite, diarrhea, fatigue (tiredness), fever or feeling feverish, headache, muscle or body aches, new loss of taste or smell, runny or stuffy nose, sneezing, sore throat, vomiting, weakness, wheezing.

Our school protocols are that Audubon Students and staff with symptoms of a respiratory virus must stay home and away from others until:

- **The individual is fever free for 24 hours without fever reducing medication AND**
- **Symptoms are improving, which means the individual is no longer feeling ill and able to participate comfortably in educational and other activities as they did before they were ill. Any remaining symptoms, such as cough or runny nose are mild or infrequent.**

Individuals can then return to normal activities, but they should take additional precautions for the next five days when they are around other people indoors. These precautions include:

- **Wearing a well-fitting mask**
- **Taking steps for cleaner air**
- **Practicing good hand hygiene and respiratory etiquette**
- **Physical distancing when around others**
- **Testing for respiratory illnesses to determine next steps such as treatment.**

Additional information is available at

https://www.nj.gov/health/cd/documents/topics/outbreaks/respiratory_virus_guidance_for_schools.pdf

Should you have any questions about our protocols, please feel free to contact me at 856-546-4922 (prompt #2).

Sincerely,

Nurse Ann