

Precautions for Falfurrias BCISD Staff and Students with COVID-19 for the 2026-2027 School Year

If you were exposed to COVID-19, you should start taking precautions.

If you have COVID-19, you can spread the virus to others. There are precautions you can take to prevent spreading it to others: isolation, masking, and avoiding contact with a person who has tested positive COVID.

Regardless of vaccination status, asymptomatic or symptomatic **you should take precautions when you have tested positive for COVID-19. All BCISD staff and students can return to normal activities when symptoms are improving overall and have been fever free for at least 24 hours without using fever-reducing medications.**

THERE ARE NO FIXED ISOLATION DAYS. CURRENT CDC GUIDANCE DOES NOT REQUIRE A SET FIVE-DAY ISOLATION PERIOD, FOCUSING INSTEAD ON HOW YOU FEEL.

When you may have a respiratory virus...

Stay home and away from others (including people you live with who are not sick) if you have respiratory virus symptoms that aren't better explained by another cause. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache, among others.*

- You can go back to your normal activities when, for at least 24 hours, both are true:
 - Your symptoms are getting better overall, **and**
 - You have not had a fever (and are not using fever-reducing medication).
- When you go back to your normal activities, take added precautions over the next 5 days, such as taking [steps for cleaner air](#), practicing [good hygiene](#), wearing a well-fitted [mask](#), [physical distancing](#), or

[testing](#) for times when you will be around other people. Taking precaution is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses.

- Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious after your symptoms fully resolve but some people, like those with immunocompromising conditions, can shed the virus for a long time.
- 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. If your symptoms are improving overall, and you have not had a fever and are not using fever-reducing medication for at least 24 hours, you can resume normal activities again. You should then take added precaution for the next 5 days as listed above.

*Symptoms may include but are not limited to 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.

How it works

When you have a respiratory virus infection, you can spread it to others. How long someone can spread the virus depends on different factors, including how sick they are (severity), underlying medical conditions (such as having a weakened immune system), and how long their illness lasts (duration). This is not the same for everyone.

When your symptoms are getting better overall and you have not had a fever (and are not using fever-reducing medication) for at least 24 hours, you are typically less contagious, but it still takes more time for your body to fully get rid of the virus. During this time, you may still be able to spread the virus to others. Using precautions for the next 5 days can help reduce this risk. After this 5-day period, you are typically much less likely to be contagious.

However, some people, especially people with weakened immune systems, can continue to spread the virus for a longer period of time. For COVID-19, taking a test can help you know how likely you are to spread the virus. A positive test tends to mean it is more likely that you can spread the virus to others at the time that you are tested.

If you never had symptoms but tested positive for a respiratory virus

You may be contagious. For the next 5 days: take added precautions, such as taking additional steps for cleaner air, hygiene, masks, physical distancing, and/or testing when you will be around other people indoors. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses.

ALL STAFF AND STUDENTS ARE REQUIRED TO BRING IN A MEDICAL EXCUSE WHEN TESTING POSITIVE FOR COVID. A MEDICAL EVALUATION IS HIGHLY RECOMMENDED TO RULE OUT ANY OTHER UNDERLYING CONDITION THAT MAY BE UNKNOWN BY A STAFF MEMBER OR PARENT. SHOULD A STUDENT NOT SEEK A MEDICAL EVALUATION BY A PHYSICIAN IT IS THE PARENT'S RESPONSIBILITY TO PROVIDE A PARENT NOTE (WRITTEN EXCUSE) TO THE DISTRICT OTHERWISE THE STUDENT WILL HAVE AN UNEXCUSED ABSENCE.

BCISD STAFF IS RESPONSIBLE FOR PURCHASING THEIR OWN COVID TESTS AND SEEK MEDICAL ATTENTION IF NEEDED. THERE ARE NO LONGER COVID DAYS. PLEASE MAKE SURE YOU USE YOUR DAYS ACCORDINGLY. YOU WILL HAVE TO USE YOUR PERSONAL DAYS WHEN YOU ARE OUT SICK. UNFORTUNATELY, COVID IS THE NEW NORM. WE WILL CONTINUE TO TAKE ALL NECESSARY PRECAUTIONS FOR THE SAFETY AND WELLNESS OF OUR DISTRICT.