

Massachusetts DPH

Respiratory Illness Isolation and Exposure Guidance and Protocols

Guidance for the general population including school and childcare settings:

- Quarantine is no longer required nor recommended for children or staff in these settings, regardless of vaccination status or where the exposure occurred. If you have been exposed to a respiratory illness such as, Flu, COVID-19 or RSV and remain asymptomatic, there are no restrictions. To protect others, it is recommended you take precautions. Precautions should include; frequent hand washing, consider wearing a mask, avoid crowded spaces, and monitor yourself for symptoms carefully.
- Children and staff who test positive for Flu, COVID-19, RSV or other respiratory illnesses, must be fever free for 24 hours without the use of fever-reducing medication and their symptoms should be mostly resolved before returning to programming. To protect others, it is recommended you take precautions. Precautions should include; frequent hand washing, consider wearing a mask, avoid crowded spaces, and monitor yourself for symptoms carefully for the first 5 days after you resume normal activity.
 - If your symptoms return or worsen, please remain home and call your Physician for medical guidance.

Please keep in consideration that some members within our school community are medically compromised and viruses and other contagious illnesses can significantly affect them.

As a reminder, Flu, COVID-19 and RSV symptoms may include:

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| • Fever (100.0° Fahrenheit or higher), chills, or shaking chills | • Sore throat, when in combination with other symptoms |
| • Difficulty breathing or shortness breath | • Nausea, vomiting, when in combination with other symptoms |
| • New loss of taste or smell | • Headache, when in combination with other symptoms |
| • Muscle aches or body aches | • Fatigue, when in combination with other symptoms |
| • Cough (not due to other known cause, such as chronic cough) | • Nasal congestion or runny nose (not due to other known causes, such as allergies), when in combination with other symptoms |

Full guidelines and further information can be found at:

[2024 Mass.gov Staying home to prevent spread of Respiratory Illness](#)

Revised 4/2/24

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