

Ridgefield Public Schools

Guidelines for Respiratory Viruses

Ridgefield Public Schools will be following the CDC guidelines released March 1, 2024, regarding respiratory viruses (including COVID-19, Flu and RSV):

Overview

The CDC released updated [respiratory guidelines](#) for protecting yourself from viruses, including COVID-19. The new guidance “brings a unified approach to addressing risks from a range of common respiratory viral illnesses, such as COVID-19, flu, and RSV, which can cause significant health impacts and strain on hospitals and health care workers”.

Updated protocol - what you should know

- If you are sick with a respiratory virus, stay home and away from others.
- Return to normal activities when, for at least 24 hours, symptoms are improving overall, and if a fever was present, it has been gone without use of a fever-reducing medication (ie. acetaminophen, ibuprofen). Please note that at-home testing is an option during the 5 days of additional precautions following the “stay home” period, however it is not required.
- Enhanced precautions - treatment is available for those who test positive for COVID-19 or influenza, which can lessen symptoms and lower the risk of severe illness. These strategies are especially important to protect those most at risk for severe illness, including those over 65 and people with weakened immune systems.
- Once you resume normal activities, take additional prevention strategies for the next 5 days to curb disease spread, such as taking more steps for cleaner air, enhancing hygiene practices, wearing a well-fitting mask, keeping a distance from others, and/or getting tested for respiratory viruses.

Prevention Strategies

The CDC recommends that all people use core prevention strategies. Here are important steps you can take to protect yourself and others:

- Stay up to date with immunizations for COVID, Flu, and if recommended, RSV.
- Practice good hygiene (i.e. handwashing, cover your mouth, cleaning surfaces)
- Take steps for cleaner air (i.e. bringing in fresh outdoor air, air purifiers, gathering outside)
- If you become sick with a respiratory virus, follow the new recommendations

Additional Strategies

- Masks
- Physical distancing
- Tests