

COVID-19, Flu, RSV Guidelines for Students

March 2024

The CDC updated its recommendations for respiratory viruses on Friday, March 1, 2024. Instead of individual guidelines for COVID, Flu, and Respiratory Syncytial Virus (RSV), the revised CDC guidance emphasizes a unified strategy for managing respiratory illnesses (RI).

Below are the highlights of the new CDC Guidance for students who are sick with respiratory viruses such as COVID, Flu, and RSV:

Per the revised CDC guidance there is no longer the five (5) day isolation period for COVID-19. The updated guidance recommends that students who have COVID-19 should stay home until they've been fever-free without medication for at least 24 hours and their symptoms are improving.

Positive Case of COVID, Flu, or RSV Guidelines:

If a student tests positive they can go back to normal activities when, for at least 24 hours, both are true:

1. Your symptoms are getting better overall, AND
2. You have not had a fever (and are not using fever-reducing medication).

If a student needs to stay home following the guidelines mentioned above, kindly notify their school about their absence. Furthermore, students should wear a mask at all times when around others for five (5) days or longer if symptoms continue.

The guidance states that enhancing hygiene practices, getting tested and wearing a well fitted mask can lower the chance of spreading respiratory viruses to others.

We appreciate your cooperation in adhering to these guidelines, as they are designed to protect the health and well-being of all. For the most up-to-date information and resources related to respiratory viruses click [here](#).

If you have any questions please contact the school nurse.