

WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL:

- If a child is unable to participate fully in school activities because of illness
- Fever of 100° F/37.7°C or more within the last 24 hours, when not taking medication to reduce fever
- Vomiting or diarrhea within the past 24 hours or unable to eat normally
- A child has a diagnosis of strep throat and has not been taking antibiotic medicine for 24
- If a child requires medication for fever or ongoing pain relief

When Students or Staff Have Symptoms of Respiratory Virus

Or Tests Positive for COVID-19, Flu, or RSV

You should stay home and away from others until 24 hours after:

- Your symptoms are getting better overall, and
- You have not had a fever and are not using fever-reducing medication (Advil, Tylenol, etc.)

Resume normal activities with precautions. You may begin to resume normal activities with precautions if you have not had a fever for at least 24 hours without the use of fever-reducing medicines, AND your other symptoms are improving.

Beginning to Feel Better But May Still Have a Virus

You may still be able to spread the virus that made you sick, even if you are feeling better.

For at least the first five days after you resume normal activities, take these extra precautions to help protect others from getting sick:

- Avoid crowded indoor spaces. Wear a mask anytime you are indoors around other people.
- Wash your hands often with soap and warm water. If soap and water are
- If it is unavailable, use a hand sanitizer containing at least 60% alcohol.
- Avoid spending time with people who are at increased risk for severe disease.

If Symptoms Get Worse Again

If your fever comes back or any other symptoms start to get worse, you should go back home until you are better again.

Wait to resume normal activities until you have not had a fever for at least 24 hours without the use of fever-reducing medicines, and your symptoms are improving again.

When you resume normal activities, take the recommended additional precautions during the next five days:

- Avoid crowded indoor spaces
- Wear a mask indoors around other people
- Wash your hands often
- Cover your coughs and sneezes

Treatment and Exposure

Respiratory viruses, including RSV, COVID-19, and Flu, can contribute to severe illness in older adults, young children, people with compromised immune systems, people with disabilities, and pregnant people.

Individuals (staff or students) who are at higher risk for severe illness start to feel sick should seek medical attention as they may need testing or treatment.

Treatment

Treatments for COVID-19 and flu can lessen symptoms and shorten the time you are sick and are available through your primary care provider. They also may reduce the risk of complications, including those that can result in hospitalization. For people with risk factors for severe illness, early treatment can mean having milder illness.

Exposure

If you were exposed to an individual with a respiratory virus illness, you do not need to stay home if you remain asymptomatic.

Resources

[Massachusetts Department of Public Health: Staying home to prevent the spread of respiratory viruses | Mass.gov](#)

[Centers for Disease Control and Prevention. March 2024: Respiratory Virus Guidance](#)