



Updated Covid-19 guidance per CDC released on March 1, 2024:

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. When people get sick with a respiratory virus, the updated guidance recommends that they stay home and away from others (**No longer a 5-day quarantine for Covid-19**). The recommendation suggests returning to normal activities when, for at least 24 hours, symptoms are improving overall, and if fever was present, it has been gone without use of fever-reducing medication. Please refer to CDC guidelines for complete report.

Recommendations on core prevention steps and strategies:

1. Stay home when you are sick
2. Return to normal activities after 24 hours of being fever free with no fever reducing medications and improvement of symptoms
3. When you return to normal activities, take added precautions over the next 5 days, such as physical distancing, wearing a mask, letting fresh air into the room (when possible)
4. Continue to practice good hygiene; cover coughs, sneezes, wash hands frequently and clean high touch surfaces often
5. Stay up to date on vaccines
6. If symptoms are not improving after a 2-3 day absence, seek medical attention.

** Just a reminder- absences need called into the main office AND a note needs sent in upon return.

** Covid-19 absences will no longer be an automatic excused absence, these absences will be treated the same as a respiratory virus illness.