



**March 7, 2024**

Dear Cairo-Durham Central School District Families,

On March 1, 2024, the Centers for Disease Control and Prevention (CDC) [officially revised](#) and simplified its COVID-19 guidance for how long individuals should isolate themselves from others. Most notably, the updated guidelines discontinue the requirements for a 5-day quarantine.

The CDC has moved from virus-specific guidance to issuing overall [Respiratory Virus Guidance](#) as the threat of COVID-19 has become similar to common respiratory illnesses such as the flu and RSV. Its new recommendations “suggest returning 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.”

Individuals should not attend work or school if they are exhibiting symptoms of an illness or if they have had a fever within 24 hours. For examples of what to do when you contract a respiratory virus, [click here](#).

As part of the new guidance, the CDC suggests the following as a means of prevention:

- Practice good hygiene.
- Stay up to date with vaccinations.
- Take steps for cleaner air, such as purifying indoor air, gathering outdoors, or bringing fresh air indoors.

Thank you for your attention to this matter.

Sincerely,

Michael Wetherbee

Superintendent of Schools

Cairo-Durham Central School District