



## Respiratory Illness Response Update March 2024

Following the updated CDC recommendations, the NYSDOH is revising its guidance for when to stay home and when individuals can return to normal activities after respiratory infections including COVID-19, influenza, and RSV. Students/staff can attend if experiencing improved symptoms, and wearing a well-fitting mask for 5 additional days.

- Individuals should stay home and away from others, including people they live with who are not sick, if they have respiratory virus symptoms that are not better explained by another cause. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache.
- Individuals can go back to normal activities when, for at least 24 hours, both of the following are true:
  - Symptoms are getting better overall, and
  - They no longer have a fever without the use of fever-reducing medication.
- When going back to normal activities, individuals should take added precautions over the next 5 days, including taking additional steps for cleaner air, hygiene, masks, physical distancing, and testing when they will be around other people, especially older adults, young children, and those with weakened immune systems.
- Keep in mind that people may still be able to spread the virus that made them sick, even if they are feeling better, so it is important to take extra precautions after resuming normal activities.
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### **Masking:**

- If Arlington experiences an outbreak or respiratory illness, masks may be added as a prevention strategy.

### **Vaccinations:**


- No students or staff are required to have a COVID 19 or Flu vaccination.
- Staying up to date on vaccinations remains the leading public health strategy to prevent severe illness.
- Everyone 6 months of age and older is eligible for a COVID 19 vaccination or booster.


## Reporting:


- Nurses request that parents notify the health office if their student tests positive for any respiratory virus..
- If there is an outbreak of positive cases, Arlington will follow the direction of the DCBH and notify the community as directed by the local health department .


# Respiratory Virus Guidance Snapshot


## Core prevention strategies


**CORE STRATEGIES**

**Immunizations**


**Hygiene**


**Steps for Cleaner Air**


**Treatment**


**Stay Home and Prevent Spread\***

## Additional prevention strategies

**ADDITIONAL STRATEGIES**

**Masks**


**Distancing**

**Tests**


**Layering prevention strategies can be especially helpful when:**


- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

**\*Stay home and away from others until, for 24 hours BOTH:**

**Your symptoms are getting better**

**+**

**You are fever-free (without meds)**

 **Then take added precaution for the next 5 days**