

## RESPIRATORY VIRUS GUIDELINES

April 2024

On March 1, 2024, the Centers for Disease Control and Prevention (CDC) released updated [Respiratory Virus Guidance](#) in response to the decreasing risk that COVID-19 poses to the population. While COVID-19 remains a concern, its threat has lessened. To address this change and the similarities between respiratory illnesses, the CDC has released new Respiratory Virus Guidance. This guidance offers a unified approach to preventing the spread of common viruses like COVID-19, Influenza, and RSV. Since these viruses share transmission methods, symptoms, and prevention strategies, the CDC provides clear steps to limit spread when individuals are ill, regardless of the specific virus.

### Prevention Measures

The CDC and the New Jersey Department of Health (NJDOH) recommend that schools implement the core set of infectious disease prevention strategies outlined in the [CDC guidance](#).

- Please keep children home if they are feeling unwell and/or exhibiting any of the following symptoms compatible with a Respiratory Virus like COVID-19, Influenza, and RSV: fever, headache, cough, sore throat, and/or runny nose.
- Students should **stay home and away from others until their symptoms are getting better and they are fever free for 24 hours.**