



Updated Covid-19 Guidelines

In March 2024, the [Centers for Disease Control and Prevention](#) updated its respiratory virus guidance for people with COVID-19. The guidance aligns with [guidance for other respiratory viruses](#), including flu and RSV.

Guidelines

- Symptomatic children and staff should remain out of school or child care for at least 24 hours, until both are true:
 - You are fever-free for 24 hours without the use of fever-reducing medications.
 - Your symptoms have been improving for 24 hours.

***If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others until both of the above are again true, then take added precautions for the next five days.**

- Additional precautions are recommended following the return of anyone recovering from respiratory symptoms, including hand and respiratory hygiene, improved ventilation, masking, physical distancing and testing.

Steps To Help Prevent Illness

- Get vaccinated.
- Avoid close contact with people who are sick.
- If you are sick, limit contact with others as much as possible.
- Cover coughs and sneezes.
- Wear a mask to help reduce the spread of respiratory viruses.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.
- Viruses in the air can spread between people more easily indoors than outdoors. Improving air quality, such as opening windows or using air purifiers, can help reduce the amount of virus you are exposed to.
- Stay home and away from others if you have respiratory virus symptoms that are not explained by another cause.