



M.S.A.D. #59

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Changes to COVID-19 School Guidelines as of Friday, March 1, 2024

If You Get Sick:

The updated CDC guidance recommends two actions (it is NO LONGER a recommendation to stay at home for 5 days if positive for Covid-19 or any other virus):

- **Step 1: Stay home if you are sick** and keep away from others until at least **24 hours** after:
 1. Your symptoms are getting better overall, **and**
 2. You have no fever (and are not using fever-reducing medication).

This advice is similar to what has been recommended for flu for decades and will help reduce the spread of viruses during the cold and flu season. Not all respiratory virus infections result in a fever, so paying attention to other symptoms (cough, muscle aches, etc.) is important. If your symptoms are getting better, and stay better for 24 hours, you are less likely to pass your infection to others and you can start getting back to your daily routine and move on to step 2.

- **Step 2: Resume normal activities/work, and consider using additional prevention strategies** such as getting fresh air, washing your hands and body, wearing a mask if **you choose**, and keeping a distance from others.

People who are at higher risk for severe illness should seek health care right away and consider getting tested for respiratory viruses.

Thank you,

MSAD 59 Nursing Team