

COLLIER SCHOOL

UPDATED COVID & RESPIRATORY ILLNESS PROTOCOL

3/13/2024

The CDC released [updated recommendations](#) for respiratory viruses, including COVID-19. The new guidance brings a unified approach to addressing risks from a range of common respiratory viral illnesses, such as COVID-19, flu, and RSV. CDC is making updates to the recommendations now because the U.S. is seeing far fewer hospitalizations and deaths associated with COVID-19.

As part of the guidance, CDC provides active recommendations on core prevention steps and strategies:

- Staying [up to date with vaccination](#) to protect people against serious illness, hospitalization, and death. This includes flu, COVID-19, and RSV if eligible.
- Practicing good hygiene by covering coughs and sneezes, washing or sanitizing hands often, and cleaning frequently touched surfaces.
- Taking steps for cleaner air, such as bringing in more fresh outside air, purifying indoor air, or gathering outdoors.

When people get sick with a respiratory virus, the updated guidance recommends that they stay home and away from others.

- **You can go back to your normal activities when, for at least 24 hours, both are true:**
 - **Your symptoms are getting better overall, and**
 - **You have not had a fever (and are not using fever-reducing medication).**
- **When you go back to your normal activities, take added precaution over the next 5 days, such as frequent handwashing, wearing a mask and practicing respiratory hygiene.**
- **Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better.**