



# Respiratory Virus School Guidance

This guidance is based on CDC guidelines and provides actionable recommendations for people with common viral respiratory illnesses, including COVID-19, flu, and RSV.

Positive Test for<sup>1</sup>  
Respiratory Virus or  
Respiratory Virus  
Symptoms



Isolate at Home

Fever-free for at least 24 hours  
without fever-reducing medication  
AND  
Improvement in symptoms



Return to School

...when the above can be met  
AND  
use the following encouraged  
prevention strategies over the next 5  
days, such as:

- Taking steps for cleaner air
- Enhance hygiene practices
- Wear a well-fitting mask
- Keep distance from others
- Get tested for respiratory viruses

Protect Yourself from Getting<sup>2</sup>  
Sick



Stay Up-to-Date  
on Recommended  
Vaccines

Along with staying up-to-date on vaccines,  
you can protect yourself by:

- Practicing good hygiene by covering your coughs and sneezes
- Washing or sanitizing your hands often
- Cleaning frequently touched surfaces
- Bringing in fresh air by opening a window
- Purifying indoor air
- Having outdoor social activities

1. Stay home and away from other (including people you live with who are not sick) if you have respiratory virus symptoms that aren't better explained by another cause. These symptoms can include chest discomfort, chills, cough, decrease in appetite, diarrhea, fatigue, fever or feeling feverish, headache, muscle or body aches, new loss of taste or smell, runny or stuffy nose, sneezing, sore throat, vomiting, weakness, or wheezing.

2. Review the CDC vaccine schedule to become familiar with the immunizations recommended for you and when you should get them. Visit [www.vaccines.gov](http://www.vaccines.gov) to locate flu and COVID-19 vaccines near you.