

RSU 26 COVID and Other Respiratory Viral Illness Guidelines

The most updated CDC guidance brings a unified approach to addressing risks from a range of common respiratory viral illnesses, such as COVID-19, flu, and RSV.

“CDC’s updated guidance reflects how the circumstances around COVID-19 in particular have changed. While it remains a threat, today it is far less likely to cause severe illness because of widespread immunity and improved tools to prevent and treat the disease...While every respiratory virus does not act the same, adopting a unified approach to limiting disease spread makes recommendations easier to follow and thus more likely to be adopted and does not rely on individuals to test for illness, a practice that data indicates is uneven.”

-From CDC Press Release 3/1/24 [“CDC updates and simplifies respiratory virus recommendations”](#)

In keeping with our prioritization for a positive, engaged school experience, RSU 26 will continue to align with US CDC guidelines for COVID and other respiratory viral illnesses as our main guidance on school operations.

As of 3/1/24, CDC Guidance for Respiratory Viruses, including COVID, flu and RSV, is as follows:

- 1. Stay home and away from others when sick with a respiratory virus;***
- 2. Seek treatment, if available (e.g. COVID-19 and influenza), in order to lessen symptoms and lower the risk for severe illness;***
- 3. Return to normal activities when, for at least 24 hours:***
 - a. symptoms are improving overall, and***
 - b. no fever without the use of a fever-reducing medication.***
- 4. After resuming normal activities, individuals are encouraged to take additional prevention measures for 5 days to curb disease spread, such as:***
 - a. Wearing a well-fitting mask***
 - b. Enhancing hygiene practices;***
 - c. Keeping a distance from others;***
 - d. Taking steps for cleaner air.***

Additionally, RSU 26 will continue to promote the following CDC active recommendation on core prevention steps and strategies:

- Staying up to date with vaccinations (for flu, COVID-19 and RSV, if eligible) to protect people against serious illness, hospitalization, and death.
- 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.