

NOLA PUBLIC SCHOOLS' RESPIRATORY VIRUS GUIDELINES

2024 – 2025

In March 2024, the Centers for Disease Control and Prevention modified COVID-19-specific guidance to **Respiratory Virus Guidance** for individuals with a range of common respiratory viral illnesses, including COVID-19, flu, and RSV. NOLA-PS will continue to assess its safety guidelines based on the information from the CDC and the Louisiana Department of Health. Per CDC recommendations, the guideline overview includes the following:

- **If You Get Sick, Stay at Home** – As much as possible, you should stay home and away from others until at least 24 hours after both:
 1. Your symptoms are getting better overall, and
 2. You have not had a fever (and are not using fever-reducing medication)
- **When Resuming Normal Activity** – Use added prevention strategies over the next five days, such as taking more steps for cleaner air, enhancing your hygiene practices, wearing a well-fitting mask, keeping a distance from others, and getting tested for respiratory viruses.

Respiratory Virus Guidance Snapshot

Core prevention strategies

Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



Additional prevention strategies

Masks



Distancing



Tests



Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

*Stay home and away from others until, for 24 hours BOTH:



Your symptoms are getting better



You are fever-free (without meds)



Then take added precaution for the next 5 days

RESOURCES:

- [CDC's Updated Respiratory Virus Guidance: What to Do When You Are Sick](#)
- [Preventing Spread of Respiratory Viruses When You're Sick](#)