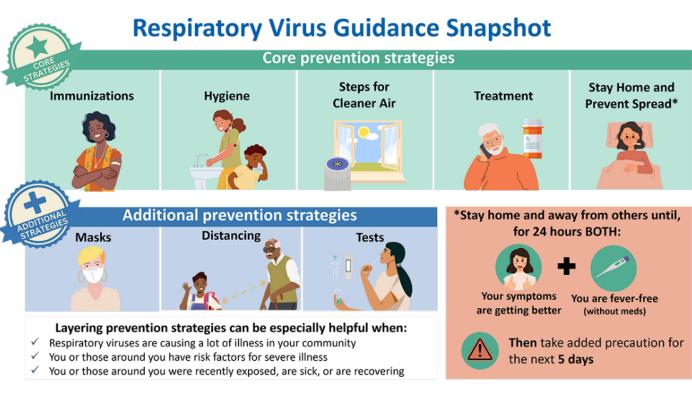
## **NOLA PUBLIC SCHOOLS' RESPIRATORY VIRUS GUIDELINES**

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.



## **RESOURCES:**

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

