



## **Holy Family Academy** **COVID and Other Respiratory Illnesses Policy** **April 2024**

The Massachusetts Department of Public Health has recently (April 2024) updated their guidance for respiratory viruses, including COVID-19. The new guidance for *ANY* respiratory virus, including COVID-19, recommends the following:

- Stay home and away from others for 24 hours if you have respiratory virus symptoms such as:
  - Fever
  - Chills
  - Fatigue
  - Cough
  - Runny nose
  - Headache
- Return to normal activities when both of the following are true:
  1. Your symptoms are getting better overall over a 24-hour period, AND
  2. You have not had a fever for 24 hours without fever-reducing medications.
- When you go back to your normal activities, take added precautions over the next 5 days, as you could still be spreading the virus that made you sick. Though you are likely less contagious, precautions such as [hygiene](#), [masks](#), [physical distancing](#), and/or [testing](#), are always good practices to stay healthy and stop the spread of illness.

The [Massachusetts Department of Public Health guidance](#) aligns with the CDC [updated recommendations for respiratory viruses](#) and includes viruses like Influenza, Respiratory Syncytial Virus (RSV), and COVID-19, as these respiratory viruses share similar transmission methods, symptoms, and prevention strategies.

In addition to this guidance, there are [several special considerations](#) for people with certain risk factors for severe illness, including older adults, young children, people with weakened immune systems, people with disabilities, and pregnant people.

As always, if you have any questions or concerns, please reach out to the school nurse during school office hours.