

UPDATED (3/4/2024)
CDC K-12 Guidance Strategies for
Everyday Operations

The Centers for Disease Control and Prevention (CDC) has adopted streamlined recommendations for dealing with common respiratory viral illnesses, including COVID-19. Taking steps to prevent the spread of respiratory viruses is a core prevention strategy to lower risk from respiratory viruses.

The following steps should be taken:

Staying Home

- Anyone exhibiting symptoms of a respiratory virus (not better explained by another cause) should stay home and away from others.
- Possible respiratory symptoms include but are not limited to:

Fever	Headache
Chills	Sneezing
Fatigue	Sore throat
Cough	Muscle or Body aches
Runny nose	

Monitor Symptoms to Determine Return

- Individuals can return to normal activities when, for at least 24 hours, both are true:
 - Symptoms are getting better overall, and
 - Individuals have not had a fever (and are not using fever-reducing medication)

CDC Recommended Precautions upon Returning

- When returning to normal activities, take the following added precautions over the next 5 days:
 - Increase ventilation (fresh air/windows, move activities outdoors)
 - Increasing hygiene (cover sneeze/cough, proper handwashing, cleaning surfaces)
 - Masking (wear a well-fitted mask)
 - Use testing to determine individual actions

Overall Prevention

As a part of this guidance, CDC and the Ohio Department of Health (ODH) continue to recommend core prevention strategies such as:

- Staying up to date on vaccinations, practicing good hygiene, taking steps for cleaner air, and staying home when sick.

Questions

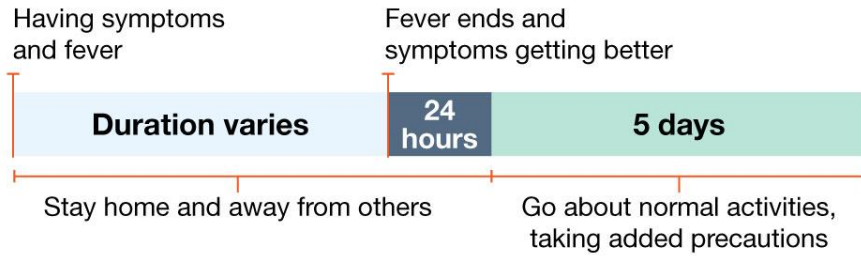
For questions or additional information, please contact Ericka Clark.

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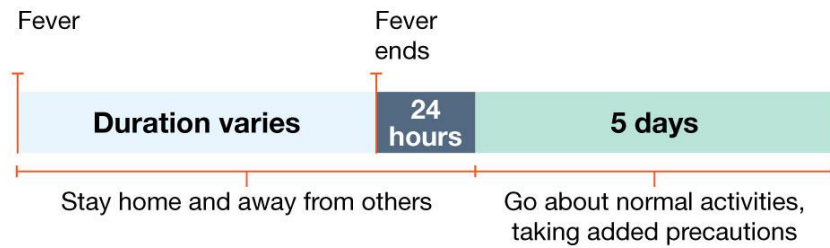
Phone: 330-675-7819

Source: <https://www.cdc.gov/respiratory-viruses/prevention/index.html>

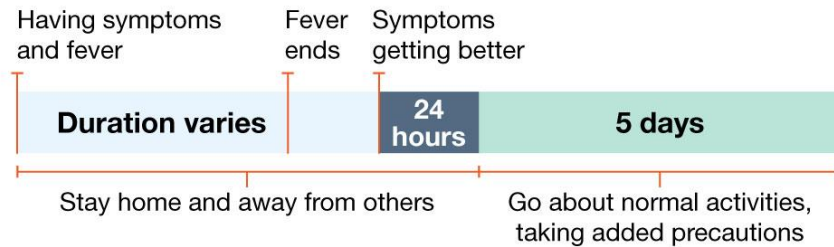
Example 1: Person with fever and symptoms.



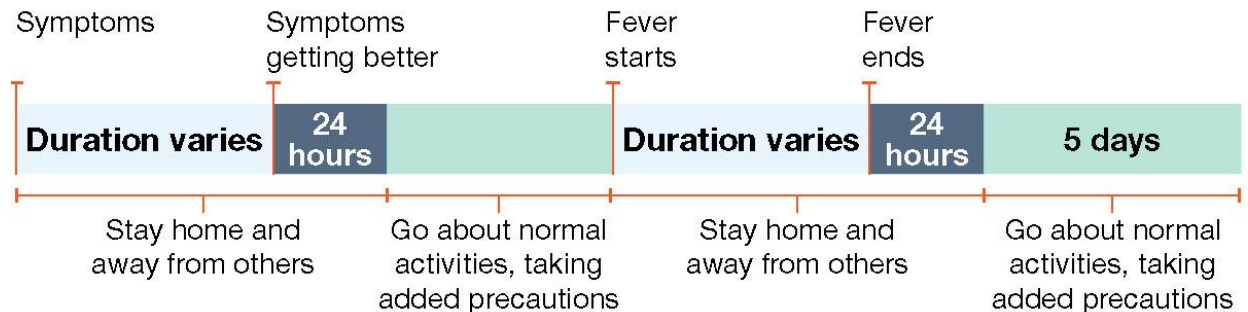
Example 2: Person with fever but no other symptoms.



Example 3: Person with fever and other symptoms, fever ends but other symptoms take longer to improve.



Example 4: Person gets better and then gets a fever.



Source: <https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html>