

# Updated Respiratory Guidance

March 2024

# DON'T FEEL WELL? STAY HOME

If you have the symptoms below,  
let your family and teachers know.



**COUGH**



**FEVER**



**SORE  
THROAT**



West Virginia DEPARTMENT OF  
EDUCATION

# KEY MITIGATIONS FOR SCHOOLS *(including extracurricular activities)*

These practices are important to guard against COVID-19, influenza, RSV, and the common cold.

***The most effective mitigation strategy is the vaccination for those eligible to receive it.***



**Cleaning and disinfecting**



**Hand hygiene and coughing/ sneezing etiquette**



**Monitor school absenteeism rates**

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## **When students or staff are sick with a respiratory illness:**

- » Students and staff who get sick should stay home and away from others.
- » Students are not allowed to participate in extracurricular activities while they are home sick and potentially contagious.
- » Students and staff may return to school if they:
  - › Are fever free for 24 hours (without the use of fever-reducing medications)
  - › Have symptoms that are improving overall for 24 hours.
- » It is recommended that a mask be worn for 5 days upon return to school.