

St. Gregory the Great Early Childhood Enrichment Program
COVID Update
3/1/2024

This new guidance from the CDC matches public health advice for flu and respiratory illness. According to the CDC people who have tested positive for COVID no longer need to isolate for 5 days.

If your child has COVID 19, keep them home and away from others, including people who live with you who are not sick. The symptoms of COVID can include: fever, chills, fatigue, cough, runny nose, and a headache among others.

You can go back to normal activities. They may resume when for at least 24 hours both are true:

- Symptoms are getting better overall AND
- The student is fever free and not using fever reducing medicine

PLAY IT SAFE FOR 5 DAYS AFTER YOU ARE FEELING BETTER.

Upon returning to normal activities; take precaution over the next 5 days such as taking the following additional steps:

- Cleaner air – open windows to improve the flow of air
- Hygiene
- Masks
- Physical distancing
- Testing when you will be around other people indoors

Keep in mind your child may still be able to spread the virus that made them sick, even if they are feeling better. They are likely to be less contagious at this time, depending on how long they were sick or how sick they were.

If your child develops a fever or starts to feel worse after going back to normal activities, keep them home and away from others again, for at least 24 hours, both are true:

- Your child's symptoms are improving overall
- Your child has not had a fever or used fever reducing medications
- Take added precautions for the next 5 days

CDC's main tips for reducing Covid spread:

- Get the Covid vaccine whenever it is available.
- Cover coughs and sneezes, and wash hands frequently.
- Increase ventilation by opening windows, using air purifiers and gathering outside when possible.

Though the isolation guidelines have been wiped away, the CDC still encourages people to play it safe for 5 days after they are feeling better. That includes masking around vulnerable people and opening windows to improve the flow of fresh air indoors.

The majority of viral spread happens when people are the sickest. "As the days go on, less virus spreads."

People at higher risk for severe Covid complications, such as the elderly, people with weak immune systems and pregnant women, may need to take additional precautions.