



# BOUND BROOK SCHOOL DISTRICT

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On March 1, 2024, the Centers for Disease Control and Prevention (CDC) released updated Respiratory Virus Guidance in response to the decreasing risk that COVID-19 poses to the population. While COVID-19 remains a concern, its threat has lessened. To address this change and the similarities between respiratory illnesses, the NJDOH has released new Respiratory Virus Guidance. This guidance offers a unified approach to preventing the spread of common viruses like COVID-19, influenza, and RSV. Since these viruses share transmission methods, symptoms, and prevention strategies, the CDC provides clear steps to limit spread when individuals are ill, regardless of the specific virus.

This is a **quick reference guide** to updated mandates as outlined by the New Jersey Department of Health in regards to COVID-19.

- COVID Positive persons must notify the school nurse.
- Students and staff with symptoms\* of a respiratory virus should stay home and away from others until:
  - The individual is fever free for 24 hours without fever-reducing medication **AND**
  - Symptoms are improving, which means the individual is no longer feeling ill and able to participate comfortably in educational and other activities as they did before they were ill. Any remaining symptoms, such as cough or runny nose are mild or infrequent.
- Individuals can return to normal activities, but they should take **additional precautions** for the next five days when they are around other people indoors. These precautions include:
  - Wearing a well-fitting mask
  - Taking steps for cleaner air
  - Practicing good hand hygiene and respiratory etiquette
  - Physical distancing when around others
  - Testing for respiratory viruses to determine next steps such as treatment.
    - Using at-home COVID-19 tests for screening before being around persons **at-risk** for severe disease.

*\*Symptoms an include; fever, chills, fatigue, cough, runny nose, and headache, chest discomfort, chills, cough, decrease in appetite, diarrhea, fatigue (tiredness), fever or feeling feverish, headache, muscle or body aches, new loss of taste or smell, runny or stuffy nose, sneezing, sore throat, vomiting, weakness, wheezing.*

**If you have any questions, please contact your school nurse.**

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**Reference:**

Respiratory Virus Guidance for K-12 Schools, Youth Camps, and Early Care and Education Programs April 16, 2024