

Pulaski Community School District  
**COVID-19 INFORMATION & UPDATES**

**Respiratory Virus Guidance**

+ CDC's Respiratory Virus Guidance provides practical recommendations and information to help people lower health risks posed by a range of common respiratory viral illnesses, including COVID-19, flu, and RSV.

**CORE PREVENTION STRATEGIES**

- + CDC recommends that all people use core prevention strategies. These are important steps you can take to protect yourself and others:
- ✓ Stay up to date with [immunizations](#)
  - ✓ Practice good [hygiene](#)
  - ✓ Take steps for [cleaner air](#)
  - ✓ When you may have a respiratory virus:
    - Use precaution to [prevent spread](#)
    - Seek healthcare promptly for testing and/or treatment if you have [risk factors](#) for severe illness; [treatment](#) may help lower your risk of severe illness

**ADDITIONAL PREVENTION STRATEGIES**

- + Additional prevention strategies you can choose to further protect yourself and others include:
- ✓ [Masks](#)
  - ✓ [Physical distancing](#)
  - ✓ [Tests](#)

**LAYERING STRATEGIES**

- + Layering prevention strategies can be especially helpful when:
- ✓ Respiratory viruses are causing a lot of illness in your community
  - ✓ You or those around you have risk factors for severe illness
  - ✓ You or those around you were recently exposed, are sick, or are recovering

**STAY HOME WHEN SICK**

- + Stay home and away from others (including people you live with who are not sick) if you have a respiratory virus.
- You can go back to your normal activities when, for at least 24 hours, both are true:
    - Your symptoms are getting better overall, **and**
    - You have not had a fever (**and** are not using fever-reducing medication).
  - ✓ When you go back to your normal activities, take added precaution over the next 5 days
  - If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until, for at least 24 hours, both are true: your symptoms are improving overall, and you have not had a fever (and are not using fever-reducing medication).
  - Report school or work absence via usual route (attendance line or Aesop)