Marshall Public Schools

Respiratory Guidelines (COVID-19, Flu, RSV)

If You Get Sick:

- **Step 1: Stay at home.**
  As much as possible, you should stay home and away from others until at least 24 hours after both:
    1. Your symptoms (muscle aches, congestion, fever, cough, sore throat, etc) are getting better overall, and
    2. You have not had a fever (and are not using fever-reducing medication).

If your symptoms are getting better, and stay better for 24 hours, you are less likely to pass your infection to others and you can start getting back to your daily routine and move on to step 2.

- **Step 2: Resume normal activities, and use additional *prevention strategies* over the next five days.**
    - *Prevention Strategies:* take steps for cleaner air, enhancing your hygiene practices, wearing a well-fitting mask, keeping a distance from others, and/or getting tested for respiratory viruses.

    People can choose to use these prevention strategies at any time. Since some people remain contagious beyond the "stay-at-home" period, taking added precautions can lower the chance of spreading respiratory viruses to others.

People who are at higher risk for severe illness who start to feel sick should seek health care right away so that they can access testing and/or treatment. Early treatment for COVID-19 or flu may prevent severe disease in people at higher risk, even if they are up to date with their vaccines.

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