

Ohavi Zedek Guidance for Respiratory Illness

Updated July 22, 2024

We have compiled information about management of respiratory illness, such as COVID-19, the flu, and the common cold. If you have further questions, please contact your healthcare provider.

As of March 2024, the CDC the Vermont Dept. of Health simplified guidance on the management of COVID-19 by developing a unified approach with other respiratory viruses such as the flu and the common cold. Ohavi Zedek's management of COVID-19 will now align with these new changes.

- <https://www.cdc.gov/respiratory-viruses/guidance/respiratory-virus-guidance.html>
- <https://www.healthvermont.gov/disease-control/covid-19/covid-19-symptoms-treatment>

The bottom line is...if you are sick, stay home! If you are feeling better, continue to take precautions to prevent spread of infection and protect our community!

Here is a guide to symptoms and signs of Covid 19:

- <https://www.cdc.gov/covid/signs-symptoms/index.html>

If you develop symptoms of respiratory illness like Covid-19, flu or a common cold you should:

- Wear a well-fitting mask and avoid contact with others.
- **Stay home** from normal activities if you have had either in the *last 24 hours*:
 - A fever greater than 100.4° F
 - Severe symptoms of a respiratory illness
- If you are concerned, discuss your symptoms with your healthcare provider, especially if you have medical conditions that put you at risk for more serious illness.

<https://www.cdc.gov/covid/risk-factors/>

- Practice good hygiene measures, get lots of rest, stay well hydrated and care for your symptoms.

You may return to 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).

Continue these precautions for *5 days* after returning to normal activities:

- Wear a well-fitting mask and avoid prolonged contact with others.
- Practice good hygiene: wash your hands often and use hand sanitizer, cover your mouth when you cough or sneeze, and disinfect personal spaces.

- Enjoy fresh air, take walks outside, and maintain good air circulation in your home.
- **If you develop symptoms or a fever again:** stay home until your symptoms are improving overall, **and** you are fever-free for 24 hours (without the use of fever-reducing medications). Then take added precautions for the next 5 days.

For more information about returning to work/normal activities:

- <https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html>

Additional recommendation:

- Stay [vaccinated](#) against the flu and COVID-19.

CDC Guidelines for early childhood programs:

- <https://www.cdc.gov/early-care/prevention/protecting-against-covid-19-and-other-infections-in-early-care-and-education-programs.html>

Vermont Department of Health Guidelines for schools and preschools:

- <https://www.healthvermont.gov/family/school-health/covid-19-guidance-prek-12-schools>