



## SANT BANI SCHOOL

### Respiratory Virus Guidance for the 2024-25 School Year

All Sant Bani School Respiratory Virus guidelines have been written with guidance from the CDC and the New Hampshire Department of Health and Human Services (DHHS). Please note that the School's guidelines could change during the school year if community spread levels in the region increase or if more virulent strains develop - especially in the winter as the colder temperatures will result in more time spent indoors. We will promptly share any changes that occur with parents.

#### When to Remain at Home

If a student has a suspected respiratory virus including COVID-19, influenza or RSV, the family should email [nurse@santbani.org](mailto:nurse@santbani.org). Symptoms can include but are not limited to fever, chills, cough, runny nose, headache, and fatigue.

Students may return to school once **fever-free for 24 hours without fever-reducing medication AND symptoms are improving**. Additional precautions for the next 5 days are encouraged.

These precautions include distancing from others when able to, wearing a properly fitting mask while indoors, and testing.

#### Testing

Students who develop symptoms of a respiratory illness are encouraged to be tested. Testing can provide helpful information for prevention strategies and treatment options. For those who are without symptoms but have had a known exposure to COVID-19, the CDC does recommend testing 5 full days from known exposure.