



Yantacaw Elementary School

20 YANTACAW PLACE Nutley, New Jersey 07110

Frank Francia Principal (973)661-8891

Respiratory(including Covid-19) Guidance

Exclusion and Preventing Transmission: Students and staff with symptoms* of a respiratory virus (including COVID-19) 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 then 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 can 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.

Please use the attached document. It has great graphics to assist you in exclusion time frames based on symptomatology as well as prevention strategies to stop the spread of the disease. [Respiratory Guidance Snapshot](#).

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