



Newcomb Central School District

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Secretary to Superintendent Pamela Bush	School District Clerk Melissa Yandon	School District Treasurer Colleen Sage
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March 7, 2024

Dear Newcomb Central School District Families,

This past week the Centers for Disease Control and Prevention (CDC) updated their Respiratory Virus Guidance. While COVID-19 still poses a significant health threat to those at higher risk, the CDC's updated guidance streamlines recommendations for dealing with a range of common respiratory illnesses such as the flu, RSV and COVID-19. While all respiratory illnesses do not act the same, the CDC felt that adopting a unified approach would be easier for people to understand and more likely that they would be adhered to.

As part of the guidance, the CDC recommends the following core prevention strategies for all respiratory illnesses:

- Staying up to date with vaccination to protect people against serious illness, hospitalization, and death. This includes flu, COVID-19, and RSV if eligible.
- Practicing good hygiene by covering coughs and sneezes, washing or sanitizing hands often, and cleaning frequently touched surfaces.
- Taking steps for cleaner air, such as bringing in more fresh outside air, purifying indoor air, or gathering outdoors.

Previously, the COVID-19 guidance recommended an isolation period of five days followed by post-isolation precautions. The updated Respiratory Virus Guidance recommends that people stay home and away from others for at least 24 hours after both their symptoms are getting better overall, and they have not had a fever (**and are not using fever reducing medication**). Please note that depending on the length of time that symptoms are present, this period could be shorter, the same, or longer than the previous guidance for COVID-19. Given that some people may continue to be contagious beyond the "stay at home" period, additional precautions such as taking more steps for cleaner air, enhancing hygiene practices, wearing a mask, keeping distance from others and getting tested for respiratory viruses continue to lower the chance of spreading respiratory viruses to others. It is important to note that **testing is an option** during the five days of precaution following the "stay home" period. While COVID-19 testing can give a rough approximation of whether a person is infectious, at-home testing for other respiratory illnesses are not readily available.

The CDC affirms that the updated guidance is practical, evidenced based and better aligned with recommendations for other respiratory illnesses.

If you have any questions, please do not hesitate to contact the district at, (518) 582-3341.

Sincerely,

Mrs. Christian Fisher
Superintendent of Schools