

UPDATED COVID -19 & RESPIRATORY GUIDANCE **Effective March 6, 2024**

The CDC has recently announced an update in the way we address a COVID-19 positive diagnosis and the length of the required isolation period.

In keeping with the CDC recommendations, the New Mexico Department of Health (NMDOH) has updated the School Health Manual (SHM) COVID -19 guidelines, which can be found in Chapter 10 of the SHM at this link: <https://schoolhealthmanual.clickhelp.co/articles/>

The current CDC recommendations on isolation can be found here: [About Preventing Spread of Respiratory Viruses When You're Sick | Respiratory Illnesses | CDC](#)

Essentially, the CDC's new guidance no longer automatically requires a 5-day isolation period for COVID-19 positive employees.

RETURN TO WORK CRITERIA

- You can go back to your 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).
- When you go back to your normal activities, take added precaution over the next 5 days, such as taking additional [steps for cleaner air](#), [hygiene](#), [masks](#), [physical distancing](#), and/or [testing when you](#) will be around other people indoors.
 - Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were.
 - If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until, for at least 24 hours, both are true: your symptoms are improving overall, and you have not had a fever (and are not using fever-reducing medication). Then take added precaution for the next 5 days.

MASK REQUIREMENTS

With this in mind, we must continue to be diligent in our efforts not to spread the virus. ***However, a 5-day isolation period is no longer automatically required.***

You may return to work when you meet the above criteria, and you will be expected to wear a mask while at work for a minimum of 5 additional days. Please continue to report a positive diagnosis to your principal.