

CUERO ISD



Strong Start Plan

Updated March 7, 2024

The new recommendations for COVID-19 align with recommendations for flu, RSV, and other common respiratory viruses. When an individual gets sick with COVID or a respiratory virus, the updated guidance recommends they stay home and away from others. An individual may return to normal activities when, for at least 24 hours, symptoms are improving overall, and if a fever was present, it has been gone without the use of a fever-reducing medication.

Once people resume normal activities, they're encouraged to take additional prevention strategies for the next five days to curb disease spread, such as enhancing hygiene practices, wearing a well-fitting mask, keeping a distance from others, and/or getting tested for respiratory viruses.

Additional information regarding recommendations can be found in the [CDC press release](#) dated March 1, 2024.