

## On the Desktop 3 26 24 Updated COVID-19 Guidance from the Department of Public Health

March 26, 2024

Dear Families,

The Department of Elementary and Secondary Education (DESE) has updated their COVID-19 guidelines to follow the latest recommendations from the Centers for Disease Control (CDC) and The Massachusetts Department of Public Health (DPH). The latest guidelines eliminate the required 5-day isolation period for a positive COVID 19 test, for the general public, which includes school staff and students. The new guidance recommends the general public may resume normal activities, with precautions, when they have been fever free for 24 hours (without the use of fever reducing medication) AND there has been an improvement in symptoms and the person feels well enough to return to normal activities.

For the first 5 days after resuming normal activities, take these extra precautions:

- Avoid crowded indoor spaces. Wear a mask anytime you are indoors around other people.
- Wash your hands often with soap and warm water. If soap and water are not available, use hand sanitizer containing at least 60% alcohol.
- Avoid spending time with people who are at increased risk for severe disease.

For a copy of the full guidance, please visit:

[Staying Home to Prevent the Spread of Respiratory Viruses](#)

For any additional questions, please reach out to your child's school nurse.

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