



**Millinocket School Department**  
**Nursing Services**

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On March 1, 2024, the Centers for Disease Control and Prevention (CDC) issued a press release updating respiratory virus isolation guidelines. The most important things people can do to prevent respiratory illnesses are to stay current on recommended vaccines, stay home when they are ill, use good hand hygiene, and take steps for cleaner air (opening windows, purifying air, and holding social activities outside when able).

The main focus of the update was to inform individuals who are ill with respiratory viruses to stay home and away from others as much as possible. Individuals may return to normal activities when symptoms get better overall and they have been fever-free for 24 hours without fever-reducing medication. **This means there is no longer a 5-day mandated isolation or 10-day masking period after testing positive for Covid-19. However, the CDC does encourage wearing a well-fitting mask for 5 days after having a respiratory illness.**

The administrative team and I have met to review the updated CDC guidelines and they will go into effect immediately at both Granite Street and Stearns Junior Senior High Schools. Please let us know if you have any questions or concerns. Let's continue to work together to ensure our students stay healthy!

Thank you,

Katie Carr (School Nurse)