

First Congregational Church Western Springs

Respiratory illness guidelines including Covid-19, flu, and RSV

July 2024

The CDC updated Covid guidelines to align with other respiratory illnesses such as flu and RSV in March 2024

<https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html>

1. Keep up to date with vaccination for Covid and Flu.
2. If you have respiratory symptoms of sore throat, congestion, runny nose, cough, fever or test positive for Covid 19, flu, or RSV, isolate away from others until symptoms are improving and you are fever free for 24 hours.
 - a. Wear a high-quality mask for an additional 5 days once fever resolves and symptoms improve.
 - b. Use good handwashing hygiene.
 - c. Avoid being around people who are more likely to get very sick from respiratory illness until your symptoms are completely resolved.
3. Know your personal risk.
 - a. Seek healthcare promptly if you experience respiratory illness symptoms and are at high risk for serious illness.
 - b. If you are immune compromised or have a high risk of serious respiratory illness, discuss with your doctor what precautions to take when attending group activities.
 - c. If someone in your household has a respiratory illness, be alert for symptoms to start and avoid being around people who are more likely to get very sick from respiratory illnesses.
4. Ventilation remains a key factor in prevention of respiratory illness.
 - a. When the weather permits, open windows to increase air flow if air conditioning is not in use.
 - b. Air purifiers are present in most rooms in the Education Building rooms and are to be “on” even when the room is not in use.
5. Always assess your health prior to attending events, meetings, worship, gatherings and stay home if you have a sore throat, runny nose, fever, cough or otherwise do not feel well.

Contact Faith Community Nurse Jean Larson MSN, RN at jean@wscongo.org with questions.