



KING'S COLLEGE
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STUDENT HEALTH SERVICES

Upper Respiratory Illness Policy

We provide this policy for the King's College community based on the most recent guidelines put forth by the Centers for Disease Control and Prevention (CDC).

Each year, respiratory viruses are responsible for millions of illnesses and thousands of hospitalizations and deaths in the United States. In addition to the virus that causes COVID-19, there are many other types of respiratory viruses, including flu and respiratory syncytial virus (RSV). There are actions you can take to help protect yourself and others from health risks caused by respiratory viruses as detailed below.

A. General Notes

1. If a person tests positive for COVID-19, although isolation is NO longer required, wearing a high-quality mask can help protect others from transmission of the virus.
2. If a person tests positive for COVID-19, flu, or RSV, they are instructed to remain home, or possibly in their room, until they are fever free (less than 100.4 F) without fever-reducing medication for 24 hours, and symptoms are improving. Extra precautions are then recommended for an additional 5 days since viruses remain contagious.
3. If a person does not have a fever, they are permitted to be on campus and are recommended to take extra precautions/prevention strategies for at least five days as detailed below.
4. If a person has a severe case, individualized recommendations from a health care provider should be followed. There are treatments available based on a person's risk level for severe illness.

B. CORE Prevention strategies to protect yourself and others from respiratory viruses.

1. Immunizations lower risk from respiratory viruses. All eligible people are encouraged to be up-to-date on immunizations for yearly flu, COVID-19 and RSV (if applicable).
2. Hygiene
 - a. Cover your coughs and sneezes.
 - b. Handwash with soap and water. If not available, use hand sanitizer with at least 60 percent alcohol.
 - c. Clean frequently touched surfaces with household cleaners that contain soap or detergent.
3. Steps for cleaner air
 - a. Open doors and windows and/or use exhaust fans.
 - b. Gather outdoors when possible.
 - c. Use a portable high-efficiency particulate air (HEPA) cleaner.
4. Take steps to prevent spread of virus when you are sick. Stay home and away from others when you have respiratory viral symptoms such as fever, chills, cough, runny nose, or fatigue that are not explained by another cause.

C. Additional prevention strategies to further protect yourself and others.

5. Wearing a high-quality protective mask.
6. Practice physical distancing.
7. Test (for COVID antigen) when you will be around other people indoors, especially if you have symptoms or known recent exposure.