

King's College Upper Respiratory Illness Policy

March 2024

We provide this policy for the King's College community based on the updated guidelines put forth by the Centers for Disease Control and Prevention (CDC) on Friday, March 1st, 2024.

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, isolation is NO longer required.
2. If a person tests positive for COVID-19, flu, or RSV they are instructed to remain home 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 the provider should be followed.

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 cough 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.