

Updated COVID-19 Guidance for Staff and Students

The **CDC** has updated its *Respiratory Virus Guidance*. The new recommendation states that individuals should **stay home and away from others until at least 24 hours after:**

- Their **symptoms are improving overall, and**
- They have been **fever-free for at least 24 hours** without the use of fever-reducing medication.

Depending on how long symptoms last, this period may be shorter, the same, or longer than the previous COVID-19 guidance.

Additional Precautions After Staying Home

The guidance also recommends taking **extra precautions for five days** after the “stay-at-home” period ends, since some people may still be contagious. During this time, please consider the following prevention strategies:

- Taking steps for cleaner air
- Enhancing hygiene practices
- Wearing a well-fitting mask
- Keeping distance from others
- Getting tested for respiratory viruses

Staff Protocols:

Staff who are absent for **five (5) consecutive days or more** must provide a **doctor’s note** to **Employee Health Services (EHS)** to receive clearance to return to work.

The doctor’s note must include:

- The dates missed due to COVID-19, and
- The return-to-work date authorized by your healthcare provider.

For questions or additional information, please contact **Employee Health Services** directly at dps.ehs@detroitk12.org

COVID-19 test kits are available for staff to pick up at Health Hub locations. To arrange a pickup, please contact Sharmin Sultana via Teams or email at sharmin.sultana@detroitk12.org to select your preferred location.