

# Covid-19

## RSU 9 Staff, Student & Family FAQs

(03-11-2024)

Per Maine DOE, RSU 9 follows [CDC guidelines](#) for Covid-19. These were updated in March of 2024.

Per CDC Guidelines, individuals are no longer required to isolate after testing positive for Covid-19. The following guidance now applies:

- You can go back to your normal activities when, for at least 24 hours, both are true:
  - Your symptoms are getting better overall, **AND**
  - You have not had a fever (and are not using fever-reducing medication).
- When you go back to your normal activities, take added precaution over the next 5 days, such as taking additional [steps for cleaner air](#), [hygiene](#), [masks](#), [physical distancing](#), and/or [testing when you](#) will be around other people indoors.
  - Keep in mind that *you may still be able to spread the virus that made you sick, even if you are feeling better*. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were.
  - The CDC recommends the use of masks for 5 days after returning to school or work after respiratory illness.

When can my RSU 9 Student Athlete return to play after having Covid-19? (This guidance was not changed by the American Academy of Pediatrics.)

In consultation with the RSU 9 District Physician:

- If your Student Athlete tests positive for Covid-19, please consult with their PCP to determine if their case is *mild*, *moderate* or *severe*.
- If moderate or severe, your student athlete may need to obtain clearance from their PCP to return to play for their own health safety and for the health and safety of their teammates.

\*Please contact your school nurse if you have any questions.