



Respiratory Virus Guidance for Students

On March 1, 2024, the CDC updated its [guidance on respiratory viruses](#) including COVID-19, the flu, and RSV. The University has updated its COVID-19 protocols to reflect this new guidance.

Prevention Steps and Strategies

The CDC provides the following recommendations on core prevention steps and strategies:

- Stay up to date with vaccination to protect against serious illness, hospitalization, and death. This includes flu, COVID-19, and RSV if eligible.
- Practice good hygiene by covering coughs and sneezes, wash or sanitize hands often, and clean frequently touched surfaces.
- Take steps for cleaner air, such as bringing in more fresh outside air, purifying indoor air, or gathering outdoors.

Symptom Monitoring

Students who develop symptoms of COVID-19 or other respiratory viruses should consult their primary care providers about testing or seek testing through a local pharmacy or urgent care facility. Resident students should contact the Office of Residence Life and Housing to seek testing.

For those Sick with Respiratory Virus

Step 1: Stay at Home: As much as possible, you should stay home and away from others until:

- 24 hours after your symptoms are getting better overall, **AND**
- 24 hours after your fever has ended (without the use of fever-reducing medication)

Step 2: Resume normal activities and use added prevention strategies over the next 5 days:

- Wear a well-fitting mask (KN95)
- Enhance hygiene practices
- Keep a distance from others
- Take more steps for cleaner air
- Get tested for respiratory viruses

Reporting a Positive Case of COVID-19 – Resident Students

Resident Students should continue to report a positive case of COVID-19 to the Office of Residence Life and Housing at housing@rivier.edu.

See the CDC's updated [Respiratory Virus Guidance](#) for additional information.