



Respiratory Virus Return-to-Learn Plan 2024-25

Community Strategies, Inc., dba Epic Charter School strives to provide an environment where students, families, and employees feel safe. With the end of the federal COVID-19 Public Health Emergency on May 11, 2023, this plan includes the most recent guidance from the U.S. Centers for Disease Control and Prevention (CDC), the Oklahoma State Department of Health, the Oklahoma Health Care Authority, and others (collectively, “Health Officials”). The Community Strategies, Inc. Board of Education grants authority to the Superintendent of Schools to amend the plan as necessary based on the ever-changing nature of this situation.

[On March 1, 2024 the CDC moved COVID-19 guidance into “Respiratory Virus Guidance”.](#) This guidance provides practical recommendations and information to help people lower risk from a range of common respiratory viral illnesses, including COVID-19, flu, and RSV.

[Respiratory Virus Guidance](#)

Respiratory Virus Guidance Snapshot

Core prevention strategies

- Immunizations**: Illustration of a woman with her arms crossed.
- Hygiene**: Illustration of a woman washing her hands.
- Steps for Cleaner Air**: Illustration of a window with a fan and a plant.
- Treatment**: Illustration of a man on the phone with a pill bottle.
- Stay Home and Prevent Spread***: Illustration of a woman wearing a mask.

Additional prevention strategies

- Masks**: Illustration of a person wearing a mask.
- Distancing**: Illustration of a person standing away from others.
- Tests**: Illustration of a person holding a test kit.

***Stay home and away from others until, for 24 hours BOTH:**

- Your symptoms are getting better
- You are fever-free (without meds)

Then take added precaution for the next 5 days

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

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). The good news is there are actions you can take to help protect yourself and others from health risks caused by respiratory viruses.

[Preventing Respiratory Viruses](#)

- [Immunizations for Respiratory Viruses](#)
- [Hygiene and Respiratory Virus Prevention](#)
- [Taking Steps for Cleaner Air for Respiratory Virus Prevention](#)
- [Preventing Spread of Respiratory Viruses When You're Sick](#)
- [Masks and Respiratory Virus Prevention](#)
- [Physical Distancing and Respiratory Viruses](#)
- [Testing and Respiratory Viruses](#)

Special Considerations

In addition to CDC's Respiratory Virus Guidance, there are several special considerations for people with certain risk factors for severe illness.

[Risk Factors for Severe Illness from Respiratory Viruses](#)

- [Older Adults](#)
- [Young Children](#)
- [People with Weakened Immune Systems](#)
- [People with Disabilities](#)
- [Pregnant People](#)

Treatment as Prevention

Treatment is a core prevention strategy to lower risk from respiratory viruses.

[Treatment of Respiratory Viruses](#)

About the Guidance

- [Background for the Guidance](#)
- [Frequently Asked Questions](#)

Epic will follow the guidance of the Centers for Disease Control, Oklahoma Health Department, and Oklahoma Health Care Authority and make changes in the plan as warranted.

For more information: www.epiccharterschools.org
To provide comment: [Return to Learn Plan Public Comment](#)
Contact us: 405-749-4550 or info@epiccharterschools.org

This plan is subject to change in the event of an emerging public health issue.