

West Liberty University Faculty/Staff COVID-19 guidance

Updated: 03/06/2024

As COVID has transitioned from pandemic to endemic, our priority at WLU has been to protect the vulnerable and keep our campus community as safe as possible. Widespread immunity and disease treatment has made it far less likely to develop severe illness. The Centers for Disease Control (CDC) has released new recommendations for how to protect yourself from respiratory viruses, including influenza (flu), RSV, and COVID-19. WLU will continue to follow the guidance from the CDC and state and local health departments.

WLU Updated Guidance for Respiratory Illnesses*

1. If you are sick with a respiratory virus, stay away from others until your symptoms have been improving and you have not had a fever for 24 hours (without the use of fever reducing medication.)
2. You no longer must report a positive COVID-19 result.
3. Once you resume normal activities, wear a mask for 5 more days.

Known Prevention Strategies for Respiratory Illnesses

Vaccination

Staying up to date with vaccination protects people from severe illness, hospitalization and even death. COVID, flu, and RSV vaccination can be received at local pharmacies.

Good Hygiene

Good handwashing, covering coughs and sneezes, disposing of used tissues, and cleaning frequently touched surfaces can help to prevent illness.

Cleaner Air

Allowing more fresh outside air in, time spent outdoors, and using indoor air purifiers can help keep air cleaner which decreases the transmission of respiratory illness.

Good Nutrition/Sleep/Exercise

The benefit of good nutrition, sleep, and exercise cannot be underestimated. A balanced diet, 7-9 hours of sleep at night, and 30 minutes of moderate physical activity every day helps the body to fight infection and disease.

*Guidelines subject to change