

WorldStrides Respiratory Virus Guidelines K12 Program Participants

In order to reduce the risk of illness and the spread of respiratory viruses while participating in a WorldStrides program, we ask that our program participants adhere to the guidance provided by the Centers for Disease Control and Prevention (CDC) including, but not limited to, the following:

- Cleanse your hands frequently during your program and especially before meals.
 - Wash with soap and water for 20 seconds
 - Use hand sanitizer with at least 60% alcohol content when soap and water are not available
- **Do not travel if you are sick or exhibiting cold or flu symptoms prior to your program departure.**
- If you develop symptoms of a respiratory virus (fever, chills, fatigue, cough, runny nose, headache) during your program, we recommend the following core prevention strategies:
 - Stay away from others who are not sick, rest, and drink plenty of fluids
 - You can resume 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 resume normal activities, take added precaution over the next 5 days
 - Wear a mask when around others
 - Be diligent about frequent hand cleansing

WorldStrides will arrange and pay for a separate room and meal delivery as needed for ill participants until they are able to rejoin program activities.

Please note that these are guidelines set by WorldStrides Health & Safety in accordance with [CDC Guidelines](#).