



Happy New Year from the School Nursing Office,

As the winter months are upon us, unfortunately so are a variety of illnesses impacting our school. Prior to break, we had experienced a significant number of absences related to this and are reaching out to ask your assistance in helping to slow the spread. A few reminders on how we can all stay healthy this winter:

- Please keep your child home if they are ill and consult with their doctor if you have any concerns.
- We continue to receive reports of Covid-19 cases and encourage you to test if symptoms are present. Covid symptoms are very similar to the circulating cold and flu viruses and only testing will determine if that is the cause. **We have at home test kits available here at school so please reach out if you need one.**
- If your child tests positive for Covid-19 please notify us and follow the current [CDC guidelines](#) and [District protocols](#). These include staying home for 5 days from the symptom onset or positive test date and wearing a mask days 6-10. We also encourage you to notify your child's primary care provider.
- Before returning to school following an illness, you should be fever-free for 24 hours without fever-reducing medication and otherwise improving.
- RSV has been in the news frequently so we would like to share this [resource](#) with you. RSV is a common cause of mild cold-like symptoms that typically resolve in a week or two. However, it can be of concern for younger children and older adults.
- Prevention is our best defense- staying up to date with all vaccinations including flu and covid, washing hands, sleeping well, exercising and eating right all go a long way in keeping us healthy.

We wish you and your family a healthy new year!

Pam and Jeanne