

## **A NOTE FROM THE CES HEALTH OFFICE**

This letter serves to inform you that we have noted an increase of respiratory illnesses in the school. These include: Flu, Covid-19, Coxsackie and RSV. The information provided below may help you decide when to keep your child home from school, but does not take the place of consulting a medical provider.

### Flu Symptoms

Influenza (flu) can cause mild to severe illness, and the symptoms usually come on suddenly. People who have flu often feel some or all of these symptoms: fever/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (tiredness).

### Covid-19 Symptoms

People may experience fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

### Hand, Foot and Mouth (Coxsackie) Symptoms

Children often get a fever and other flu-like symptoms 3 to 5 days after they catch the virus including: fever, eating or drinking less, sore throat, feeling unwell. Your child can also get painful mouth sores and a skin rash on hands, feet, arms, legs and buttocks.

### RSV Symptoms

People infected with RSV usually show symptoms within 4 to 6 days after getting infected. Symptoms of RSV infection usually include: runny nose, decrease in appetite, coughing, sneezing, fever, wheezing. These symptoms usually appear in stages and not all at once.

If you suspect that your child has one of these illnesses, please contact their health care provider for guidance. **As a reminder, children should be free from fever (without use of tylenol or motrin), vomiting and diarrhea for 24 hours before returning to school.**

Please ensure you have a plan in place for your child should they need to be picked up during the school day. It is important to keep the school office up to date with current phone numbers so you or an alternate contact can be reached if your child becomes ill or injured at school.

It is suggested that ALL students keep an extra change of clothes in their cubbies at school in the event that a change is needed.

If you have any questions, please contact the school health office at 845-469-2178 x2209.

### **Remember to help stop the spread**

- \*wash your hands often with soap and water
- \*avoid touching your eyes, nose, and mouth with unwashed hands
- \*avoid contact with people who are sick
- \*cover your cough and sneezes with a tissue
- \*clean frequently-touched surfaces and objects