Informational Letter for Parents Respiratory Syncytial Virus (RSV)

Dear Parent:
A child at our school/daycare center has Respiratory Syncytial Virus (RSV). RSV can cause infections of the upper respiratory tract (like a cold) and the lower respiratory tract (like pneumonia). About half of the infections result in lower respiratory tract infections and otitis media (ear infections). It is the most frequent cause of lower respiratory infections, including pneumonia, in infants and children less than 2 years of age. Almost 100% of children in childcare get RSV in the first year of their life, usually during outbreaks during the winter months.
A RSV infection can range from very mild to life threatening or even fatal. Children with heart or lung disease and weak immune systems are at increased risk of developing severe infection and complications.
RSV is spread by breathing in infected droplets or touching contaminated surfaces.
How can Respiratory Syncytial Virus (RSV) be prevented?
The most effective preventative measure against the spread of RSV and other respiratory viral infections is careful and frequent hand washing.
Who is contagious?
A child needs to be excluded from school/daycare center until the child is fever-free for 24 hours and other symptoms are improving.
If you have any questions, please call your local health department office or medical provider.

Informational Letter for Parents Influenza (Flu)

Dear Parent:
A child in our school/daycare has influenza. Influenza is a virus that is spread through coughing and sneezing.
What causes Influenza?
Influenza is caused by a virus and usually occurs October through April and is caused by secretions from the nose, mouth, and throat of an infected person. The secretions may be on surfaces or in infected droplets in the air.
What are the signs and symptoms of influenza?
If your child develops any of the symptoms listed below, please keep him/her at home until the child is fever-free for 24 hours and other symptoms are improving.

- Sudden onset of fever (102-104 degrees F)
- Chills
- Headache
- Muscle aches,
- Sore throat
- Runny nose and cough