



Churchill County School District

Everyone Always Learning...

Student Health Services
Chassity Mills, MSN-Ed, RN
Chief Health Nurse 

Influenza Illness Letter

(Desplácese hasta la página 3 para ver la versión en español)

Dear Parents/Guardians,

As of December 8, 2025, Churchill County is seeing a rising number of Influenza (Flu) cases. With that said, below is a symptom checklist to monitor your child(ren). **If they have any of the symptoms, they will need to be kept home. If they have a fever at home and are taking fever-reducing medications (Tylenol, Ibuprofen, Advil, etc.), they will HAVE TO STAY HOME to prevent spreading the flu to other students and staff members who may have a weakened immune system.**

Remember, we all need to do our part in preventing the further spread of these respiratory illnesses, as the flu season does not end till May.

HOW TO TELL THE DIFFERENCE BETWEEN FLU, RSV, COVID-19, AND THE COMMON COLD

Common symptoms may include cough, headaches, sneezing, runny nose, and congestion. Different symptoms may include:

	COLD	FLU	COVID-19	RSV
 ACHES	XX	XXX	XX	X
 DIFFICULTY BREATHING	X	X	XXX	XX
 FATIGUE	XX	XXX	XXX	X
 FEVER	X	XXX	XX	XX
 LOSS OF TASTE OR SMELL	X	X	XX	X
 SORE THROAT	XXX	XX	XXX	X
 WHEEZING	X	X	X	XXX

Legend: X (Green) = Rarely, X (Yellow) = Sometimes, X (Red) = Often

Respiratory Virus Guidance Snapshot

Core prevention strategies

 <p>Immunizations</p> 	<p>Hygiene</p> 	<p>Steps for Cleaner Air</p> 	<p>Treatment</p> 	<p>Stay Home and Prevent Spread*</p> 
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Additional prevention strategies

 <p>Masks</p> 	<p>Distancing</p> 	<p>Tests</p> 
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***Stay home and away from others until, for 24 hours BOTH:**


 Your symptoms are getting better

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 You are fever-free (without meds)

Then take added precaution for the next 5 days



Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

CDC's respiratory virus guidance consists of 5 core and 3 additional prevention strategies.

To help prevent the spread of infectious illnesses, teach/educate your child(ren) to:

- Wash their hands often with soap and warm water for at least 20 seconds, especially after coughing, sneezing, blowing their nose, or touching highly used surfaces (e.g., shopping carts, tables/desks at school)
- If no sink is around, use hand sanitizer
- **Cover their nose and mouth with either a tissue or the crook of their elbow when they cough or sneeze**
- Avoid touching their face
- Social distancing from those who are sick
- Vaccinations
- ***STAY HOME: KEEP YOUR CHILD(REN) HOME IF THEY ARE SICK (ESPECIALLY IF THEY ARE RUNNING A FEVER)***
- Disinfect surfaces often, especially if you or your child(ren) have been sick or have been in contact with someone who has been sick

Please remember to call your child's school every day that they miss school due to an illness so the office staff can excuse them.

If you have any questions or concerns, please don't hesitate to reach out to me or any of the health staff through email, or you can call the health office.

Sincerely,

Chassity Mills, MSN-Ed, RN
 Chief Health Nurse
 Churchill County School District
 Office (775) 423-3463 x2003
Millsc@churchillcsd.com

Carta sobre la enfermedad de la influenza

Estimados padres/tutores:

A partir del 8 de diciembre de 2025, el condado de Churchill registró un aumento en el número de casos de influenza (gripe). Dicho esto, a continuación, encontrará una lista de síntomas para monitorear a sus hijos. **Si presentan alguno de los síntomas, deberán quedarse en casa. Si tienen fiebre en casa y están tomando medicamentos para bajar la fiebre (Tylenol, ibuprofeno, Advil, etc.), DEBERÁN QUEDARSE EN CASA para evitar contagiar la gripe a otros estudiantes y miembros del personal que puedan tener el sistema inmunitario debilitado.**

Recuerde que todos debemos hacer nuestra parte para prevenir una mayor propagación de estas enfermedades respiratorias, ya que la temporada de gripe no termina hasta mayo.

HOW TO TELL THE DIFFERENCE BETWEEN FLU, RSV, COVID-19, AND THE COMMON COLD

Common symptoms may include cough, headaches, sneezing, runny nose, and congestion. Different symptoms may include:

	COLD	FLU	COVID-19	RSV
 ACHES	XX	XXX	XX	X
 DIFFICULTY BREATHING	X	X	XXX	XX
 FATIGUE	XX	XXX	XXX	X
 FEVER	X	XXX	XX	XX
 LOSS OF TASTE OR SMELL	X	X	XX	X
 SORE THROAT	XXX	XX	XXX	X
 WHEEZING	X	X	X	XXX

Legend: X (Rarely), XX (Sometimes), XXX (Often)

Respiratory Virus Guidance Snapshot

Core prevention strategies

 Immunizations 	Hygiene 	Steps for Cleaner Air 	Treatment 	Stay Home and Prevent Spread* 
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Additional prevention strategies

 Masks 	Distancing 	Tests 
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Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

***Stay home and away from others until, for 24 hours BOTH:**


 Your symptoms are getting better

+


 You are fever-free (without meds)

 **Then take added precaution for the next 5 days**

CDC's respiratory virus guidance consists of 5 core and 3 additional prevention strategies.

Para ayudar a prevenir la propagación de enfermedades infecciosas, enseñe/eduque a sus hijos a:

- Lavarse las manos frecuentemente con agua tibia y jabón durante al menos 20 segundos, especialmente después de toser, estornudar, sonarse la nariz o tocar superficies de uso frecuente (por ejemplo, carritos de compras, mesas/escritorios en la escuela).
- Si no hay un lavabo cerca, use desinfectante de manos.
- **Cubrirse la nariz y la boca con un pañuelo desechable o con el pliegue del codo al toser o estornudar.**
- Evite tocarles la cara
- Distanciamiento social de quienes están enfermos
- Vacunas
- ***QUÉDESE EN CASA: MANTENGA A SU(S) HIJO(S) EN CASA SI ESTÁN ENFERMOS (ESPECIALMENTE SI TIENEN FIEBRE)***
- Desinfecte las superficies con frecuencia, especialmente si usted o sus hijos han estado enfermos o han estado en contacto con alguien que ha estado enfermo.

Recuerde llamar a la escuela de su hijo todos los días que falte a la escuela debido a una enfermedad para que el personal de la oficina pueda excusarlo.

Si tiene alguna pregunta o inquietud, no dude en comunicarse conmigo o con cualquier miembro del personal de salud por correo electrónico o puede llamar a la oficina de salud.

Atentamente,

Chassity Mills, MSN-Ed, RN
 Enfermera jefa de salud
 Distrito escolar del condado de Churchill
 Oficina (775) 423-3463 x2003
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