

March 9, 2026

Dear Parents/Guardians,

The peak of respiratory illness season is upon us and it's important we work together to keep our children healthy. Respiratory illness is a common source of illness that spreads easily among children in schools, and we need your help to prevent the spread.

Schools continue to utilize Centers for Disease Control and Prevention (CDC) and Virginia Department of Health (VDH) recommendations on respiratory illness to reduce viral transmission and keep our students and staff healthy and safe. Roanoke City Public Schools (RCPS) continues to clean schools/high touch areas daily and provide air purifiers in all rooms; schools are also ventilated and purged several times per day using MERV 13 or greater filtration. Every Friday, each school is sprayed in its entirety with T-360 machines. Parents and family members can assist in this effort by promoting healthy behaviors and following these practices:

- Stay home from school or work if sick, even if symptoms are mild.
- Cover coughs and sneezes with a tissue (or sleeve), and then throw the tissue in the trash. Immediately wash your hands with soap and water for at least 20 seconds.
- Wash your hands often with soap and water for 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.
- Avoid touching the eyes, nose, and mouth with unwashed hands.
- Clean and disinfect surfaces that are often touched.
- Avoid close contact with people who are sick.
- Take care of your health overall. Stay current on your vaccinations, including the flu vaccine, eat well, and exercise to help your body stay resilient.

Preventing the Spread of Illness:

Students, teachers, and staff who have symptoms of respiratory illness can protect others by staying home when sick. Those who have been sick can return to school when, for at least 24 hours, both of these are true:

- Their symptoms are getting better overall, AND
- They have not had a fever (100°F or higher and are not using fever-reducing medication such as Ibuprofen or Tylenol)

Thank you for your attention to this matter. Please feel free to contact your school nurse for questions and further guidance.



Chris Perkins, Chief Operations Officer