

Health Alert: RSV

Respiratory syncytial (sin-SISH-uhl) virus, or RSV, is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious, especially for infants and older adults. RSV is the most common cause of bronchiolitis (inflammation of the small airways in the lung) and pneumonia (infection of the lungs) in children younger than 1 year of age in the United States.

For the latest information on RSV, please visit the Centers for Disease Control and Prevention (CDC) website at: <https://www.cdc.gov/rsv>

If you have any questions or concerns, please do not hesitate to contact us at Schoolhealth@onenessfamily.org.

RSV Symptoms

People infected with RSV usually show symptoms within 4 to 6 days after getting infected. If your child exhibits any of the following symptoms, please keep them home and consult a doctor:

- Runny nose
- Decrease in appetite
- Coughing
- Sneezing
- Fever
- Wheezing

These symptoms usually appear in stages and not all at once. In very young infants with RSV, the only symptoms may be irritability, decreased activity, and breathing difficulties.

Please remember that our school policy states that students must be fever-free (without fever-reducing medicine) for 24 hours before returning to school. We kindly request all parents to read and follow the health guidelines outlined in the Family Handbook.

If You or a Family Member Gets RSV:

If you or a family member experiences RSV-like symptoms, please take the following steps:

- Stay home from work or school if you have RSV-like symptoms (fever of 100 degrees or greater with a cough, loss of appetite, or sore throat).
- Follow your doctor's orders.
- Avoid close contact with others, especially anyone who is sick.
- Get plenty of rest.
- Drink clear fluids.
- Cover coughs and sneezes.
- Clean hands with soap and water or sanitize.

RSV Prevention

To prevent the spread of RSV and other illnesses, it is crucial to practice good hygiene. Encourage your child to follow these simple steps:

- Wash hands frequently with soap and water
- Avoid touching your eyes, nose, and mouth
- Cover your mouth and nose with a tissue when you cough or sneeze. Cough or sneeze into your upper sleeve if you don't have a tissue. Put used tissues into a wastebasket right away
- Clean your hands after coughing or sneezing. Use soap and water or hand sanitizer.

Precautions Taken at School:

When there is a case of RSV, our school takes extra precautions to prevent the spread of illness. Our teachers educate students about the importance of proper handwashing, and we ensure that classrooms are disinfected more frequently.