

Dear Parents and Guardians,

## It's that time of year... Cold & Flu Season. And RSV. And COVID.

### ***How can we control the spread?***

We all should be taking necessary precautions to stay safe and healthy: washing our hands, covering our mouths when coughing or sneezing, staying well hydrated, eating healthily, and staying home if not feeling well.



### ***When can my child return to school after being ill?***

Children must have improvement in symptoms, be feeling well, and be fever-free for 24 hours without the use of fever-reducing medication. It is recommended that a mask be worn for 10 full days after symptoms begin. Masks are available at all YALE schools.

### **Flu symptoms include:**

- A sudden fever (usually above 100.4°F)
- Chills
- Headache, body aches, fatigue (unusual tiredness)
- Sore throat
- Dry, hacking cough
- Stuffy, runny nose
- Some children may vomit and have diarrhea

*After the first few days, a sore throat, stuffy nose and continuing cough become most evident. The flu can last a week or longer. Children with the flu usually feel much sicker, achier and more miserable than those with just a cold. **The CDC and DPH recommend that all children 6 months and older receive an annual flu vaccine.** A child with a common cold usually has only a low-grade fever, runny nose and a small amount of coughing.*

### **RSV symptoms include:**

- Fever (temperature of 100.4°F or higher)
- Cough
- Congestion
- Sneezing
- Runny nose
- Poor appetite
- Fast breathing ● Flaring of the nostrils
- Rhythmic grunting during breathing
- Belly breathing ● Wheezing

**Respiratory syncytial virus (RSV)** is one of the many viruses that cause respiratory illness. In the past several weeks, there has been an increase in the number of cases of RSV. Children can quickly become very sick. If you notice these symptoms or changes in breathing, call your pediatrician immediately or go directly to the emergency room.

### **COVID symptoms include:**

- Fever (temperature of 100.4°F or higher)
- Cough
- Shortness of breath
- Fatigue
- Muscle/body aches
- Loss of taste or smell

*Test positive and had/have symptoms: Isolate and stay home for **5 full days** after the day your symptoms started. Return Day 6 if your symptoms have improved and you have no fever. Test positive without symptoms: isolate and remain home for **5 full days** after the test date. Exposed to COVID, wear a mask and monitor for symptoms through Day 10. Test on Day 6 after exposure. Test kits are available at all YALE Schools upon request.*

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SYMPTOMS 	RSV 	COLD 	FLU 	COVID-19 
CHILLS	✓	SOMETIMES	✓	SOMETIMES
COUGH	✓	✓	✓	✓
DECREASED APPETITE	✓		✓	
DIARRHEA / VOMITING			✓	✓
DIFFICULTY BREATHING	✓			✓
FATIGUE	✓	✓	✓	✓
FEVER	✓	SOMETIMES	✓	✓
HEADACHE			✓	✓
LOSS OF TASTE OR SMELL				✓
MUSCLE / BODY ACHES			✓	✓
RUNNY NOSE / CONGESTION	✓	✓	✓	SOMETIMES
SNEEZING	✓	✓	SOMETIMES	
SORE THROAT	✓	✓	SOMETIMES	SOMETIMES
<div>  Hackensack Meridian Health </div>				

*If your child has been diagnosed with any of the above conditions, please notify the School Nurse.*

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