



## District Nurses' Wellness Digest

Brought to you by your District Nurses



### Stay Healthy During Flu & RSV Season

With many viruses currently circulating in our communities, we want to provide you with ways to protect yourself and your children in the coming months. Please take time to review this information with your child so we can help prevent the spread of illness on our campuses. Please stay home if you have any signs of illness. Symptoms of the flu and other respiratory viruses include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, diarrhea and/or vomiting. It is important to note that not everyone with flu will have a fever. Cover your coughs and sneezes to prevent virus transmission; wash your hands frequently; and avoid touching your eyes, nose, or mouth with your hands. If your child experiences any symptoms of illness, please keep them home and call your child's school. Please report the symptoms to office staff when reporting your student's absence. Children will not be permitted to stay in school or be readmitted if their temperature is at or above 100. For more information about the flu as well as vaccinations, please visit [www.flu.gov](http://www.flu.gov) and talk to your healthcare provider. Stay healthy and well!

### PROTECT YOUR CHILD from RSV

- Avoid close contact with sick people
- Wash your hands often
- Cover your coughs & sneezes
- Clean & disinfect surfaces
- Avoid touching your face with unwashed hands
- Stay home when you're sick



[www.cdc.gov/rsv](http://www.cdc.gov/rsv)

### PROTEJA a SU NIÑO contra el VRS

- Evite el contacto cercano con personas enfermas.
- Lávese las manos con agua y jabón.
- Cúbrase la nariz y la boca cuando tosa y estornude.
- Limpie y desinfecte las superficies.
- Evite tocarse la cara sin haberse lavado las manos.
- Quédese en la casa si está enfermo.



Para más información, consulte [www.cdc.gov/rsv/sp/](http://www.cdc.gov/rsv/sp/)