

Dear Parents:

We have noticed an increase in the number of students with respiratory symptoms and other illnesses.

Respiratory virus season is here, symptoms may include...

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Sore throat
- Congestion or runny nose
- Fatigue
- Muscle or body aches
- Headache
- Nausea or vomiting
- Diarrhea

If you are sick please stay home. Consider testing for Covid 19. If sickness persists for 24-48 hours, consider seeing your PCP and get influenza A or B testing completed. If Covid positive, stay home until you have not had a fever in 24 hours without taking anti-fever medication (Tylenol - acetaminophen, Motrin - ibuprofen, or other medications containing those ie: Dayquil) and symptoms have improved. Some people may not have a fever so please go by symptoms. Covid tests are also available at the school, we can test your child (with your consent) or send the test home with you so that you can test your child. If your child has fever, diarrhea, or vomiting. They should be free of these symptoms, without aid of medication, for 24 hours before attending school.