

Reminders for students during the Cold/Flu/RSV/COVID season

RSV along with other respiratory illnesses: students need to be fever free without use of medication for 24 hours prior to returning to school. Symptoms including coughs need to be improved and they are able to fully participate in school activities comfortably. RSV can be contagious for 3 to 8 days and up to 4 weeks: <https://www.cdc.gov/rsv/about/transmission.html>

We request that students who have a cough to remain home if it is continuous and/or distracting to themselves and others. A mask can be worn if you choose, we do have them available at school.

Students with Nausea, vomiting or diarrhea need to be without symptoms for 24 hours without the use of medication prior to returning to school.

Students with a fever need to remain home till they have been fever free x24 hours without the use of medication prior to returning to school.

Please keep students home from school if they are not feeling well to help stop the spread of illness to others.

Prevention includes eating a healthy diet including fruits and vegetables, daily exercise, frequent hand washing, covering coughs and sneezes and keeping hands away from face (eyes, nose, mouth)

What's the difference between the common cold, the flu, RSV and COVID-19?

They are triggered by different viruses.

- The flu is caused by the influenza virus, which is seen worldwide and has a seasonal cycle in temperate regions, typically starting in the fall and lasting through the spring. It leads to high fevers, coughing, body aches and other respiratory symptoms.
- The common cold, on the other hand, is caused by the rhinovirus and comes with milder symptoms: a runny nose, slight cough. Although everybody experiences illnesses differently, in most cases, if you have a cold you're still able to function, whereas with the flu you may not.
- RSV, meanwhile, is a result of the respiratory syncytial virus, which can affect the respiratory system, including the nose, throat and lungs. In most people, the virus will present like a cold—a cough, runny nose and sometimes a fever—but in some it can be dangerous. In infants, RSV can cause pneumonia or bronchiolitis, and people over the age of 50 or those with heart or lung disease are also at risk for complications.

- **COVID-19** is caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and is more serious because of the higher mortality rate. It's characterized by fevers, cough, runny nose, body aches, and loss of taste and smell. For the most part, children seem to fare much better than adults if they get the coronavirus, but families should still be extra cautious.

If your child has any of these symptoms, you will want to discuss with your pediatrician whether testing is recommended; for example, if you have any high-risk family members at home. Regardless of whether or not you think this is COVID-19, if your child is having difficulty breathing, is unresponsive, or is unable to eat or drink, seek immediate medical care.

COVID vs Flu vs. Common Cold vs. RSV: What You Need to Know

VIRUS	LEVEL OF INFECTIVITY	TIME FROM EXPOSURE TO INFECTION	SYMPTOMS	PREVALENCE IN CHILDREN	VACCINE AVAILABILITY
 <p>COMMON COLD Rhinovirus</p>	<p>Less contagious</p> <p>Symptomatic individuals shed the virus during the first 2 to 3 days of infection.</p>	2 to 3 days	<p>Cough</p> <p>Low-grade fever</p> <p>Sneezing</p> <p>Sore throat</p> <p>Stuffy nose</p>	<p>Common</p> <p>Most children experience 2 to 4 colds per year; frequently associated with asthma exacerbations.</p>	None
 <p>SEASONAL INFLUENZA Influenza virus (A and B)</p>	<p>Contagious</p> <p>Viral shedding occurs 24 hours before symptoms appear, peaking around day 3 of illness.</p>	1 to 4 days	<p>Body aches</p> <p>Chills</p> <p>Cough</p> <p>Fatigue</p> <p>Fever</p> <p>Headache</p> <p>Sore throat</p> <p>Stuffy nose</p>	<p>Common</p> <p>Children younger than 2 are at highest risk for more severe disease.</p>	Multiple approved
 <p>COVID-19 Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)</p>	<p>More contagious</p> <p>Viral shedding occurs 2 to 3 days before symptoms appear, peaking around day 3 of illness. However, there can be viral shedding without ever developing symptoms.</p>	2 to 14 days	<p>Body aches</p> <p>Chills</p> <p>Cough</p> <p>Diarrhea</p> <p>Fatigue</p> <p>Fever</p> <p>Headache</p> <p>Loss of smell/taste</p> <p>Nausea/vomiting</p> <p>Shortness of breath</p> <p>Stuffy/runny nose</p>	<p>Becoming more common, and asymptomatic children are possible</p> <p>Typically children have mild symptoms, and rarely they develop multisystem inflammatory syndrome in children (MIS-C) weeks after a SARS-CoV-2 infection.</p>	<p>Two- and three-dose vaccine approved for ages 6 months–4 years</p> <p>Two-dose vaccine and booster approved for ages 5 and older</p> <p>Multiple vaccines and boosters approved for adults</p>
 <p>RSV Respiratory syncytial virus</p>	<p>Very contagious</p> <p>Symptoms can last 7 to 10 days, but some kids can develop a cough that takes up to six weeks to clear</p>	4 to 6 days	<p>Cough</p> <p>Runny nose</p> <p>Sneezing</p> <p>Fever</p> <p>Wheezing</p>	<p>Common</p> <p>Infants are at high risk for severe disease, including pneumonia or bronchiolitis, an inflammation of the small airways in the lungs.</p>	None

<https://www.chla.org/blog/covid-19/covid-vs-flu-vs-common-cold-vs-rsv-what-you-need-know>