

**Rondout Valley Central School District
School Health Services
PO Box 9, Accord, NY 12404**

Rondout Valley School Nurses are dedicated professionals serving students, staff and community by enhancing the educational process through assessment and promotion of physical, developmental, and emotional growth to ensure optimal learning and wellness.

Dear Parent/Guardian:

We are entering the time of the year when we see influenza and respiratory viruses in school. We want to let you know steps to follow to help keep our school community healthy.

Flu Season Is Here!

Help us keep your children safe during flu season

	FLU	Common Cold	Stomach Virus
How it Begins	Sudden	Gradual	Sudden
Cough	Severe	Mild to moderate	None
Muscles	Achy	Non to mild aches	Mild
Stuffy Runny Nose	Sometimes	Common	None
Tiredness	Severe	Mild	Moderate
Fever	None to high grade	None to mild grade	Sometimes
Complications	Bronchitis/pneumonia/sepsis/dehydration/difficulty breathing	Earache/sinus infection	Dehydration

If symptoms persist or worsen, make an appointment with your healthcare provider to be evaluated. Children, the elderly, pregnant women and people with chronic health problems are the most vulnerable to complications.

- The flu vaccine can help prevent or lessen flu symptoms. Please talk to your healthcare provider about getting a flu shot.
- Wash your hands before eating, after using the bathroom, and frequently during the day.
- Cover coughs with a disposable tissue or cough into the elbow or sleeve.
- Avoid touching the eyes, nose and mouth.
- Avoid close contact with sick individuals.
- Do not share cups or eating utensils.
- **STAY HOME WHEN SICK AND DO NOT SEND CHILDREN TO SCHOOL WHEN SICK!!**
- **If your child is complaining about shortness of breath, is having difficulty breathing or develops a new onset of wheezing please seek immediate emergency medical attention!**
- **DO NOT SEND CHILDREN BACK TO SCHOOL UNLESS THEY HAVE BEEN FEVER FREE, NO DIARRHEA, AND NO VOMITING FOR 24 HOURS WITHOUT THE AID OF MEDICATIONS.**
- The flu typically lasts at least a week. Plan on your child needing to be out at least that long. Sending them back too early can cause dramatic setbacks.
- People with the flu are at an increased risk of dehydration; especially children, the elderly, pregnant women and those with a chronic health problem. Please make sure your child is drinking enough water and fluids during the day and monitor their bathroom use to ensure they are adequately hydrated.

Thank you for your cooperation and for all you do to help keep our schools safe and healthy.

Lauri Mulholland RN	Marbletown Elementary School	845-687-0284	Fax: 845-687-7691
Rita Stoddard RN	Kerhonkson Elementary School	845-626-2451	Fax: 845-626-5767
Krista Kelly RN	Intermediate School	845-687-2400 x4604	Fax: 845-687-7109
Joann Redmond RN	Junior High School	845-687-2400 x4603	Fax: 845-687-7109
Lucy VanSickle RN	High School	845-687-2400 x4218	Fax: 845-687-7413