



MEMORANDUM

TO: Cumberland County School Parents
FROM: Shirley Bolden, Director of Health Services *SB*
THROUGH: Melody Chalmers, Associate Superintendent, Student Support Services *new*
SUBJECT: Fighting viral illnesses

CDC recommends a three-step approach to fighting viral illnesses including influenza (flu), RSV (respiratory syncytial virus) and COVID-19.

1. Take time to get a flu and or COVID-19 vaccine.
2. Take daily preventative actions to stop the spread of germs.
3. Take antiviral drugs if your doctor prescribes them.

Respiratory Infections impacting our community

FLU	COVID-19	RSV
<p>There are different strains of the flu. Should I consider vaccinating my children?</p> <p>While there are many different flu viruses, the flu vaccine protects against the three main viruses that research suggests will be most common. Parents should consider vaccinating their children who are 6 months of age and older.</p> <p>What are the symptoms of the flu?</p> <p>Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Some people also may have vomiting and diarrhea.</p> <p>Is testing available at school and or primary care providers to determine if my child has the flu?</p> <p>CCS does not test for flu, we suggest that you contact your primary care provider or the local health department.</p>	<p>Are COVID-19 boosters recommended for school- aged children?</p> <p>COVID-19 boosters are recommended for people ages five and older. Your primary care provider will guide you in the appropriate timeline to request the booster after your child's last COVID-19 vaccine dose.</p> <p>What are the COVID-19 symptoms that schools monitor?</p> <p>CCS staff monitor for COVID-19 symptoms: fever, chills, cough, shortness of breath, fatigue, muscle or body aches, headache, the new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, and diarrhea.</p> <p>Is testing available at school and or primary care providers to determine if my child has COVID-19?</p> <p>CCS will launch MAKO testing for the 2022-2023 on November 28, 2022 to screen weekly for COVID-19 cases. You may also have your child tested at your primary care provider or the local health department.</p>	<p>Is there a vaccine for RSV?</p> <p>There is no vaccine for RSV.</p> <p>What are the RSV symptoms that schools monitor?</p> <p>CCS staff monitors for RSV symptoms that include runny nose, decrease in appetite, coughing, sneezing, fever, sore throat, headache, and wheezing.</p> <p>Is testing available at school and or primary care providers to determine if my child has RSV?</p> <p>Testing is not currently offered at schools, but primary care providers do offer testing.</p>

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Best Practices for Remaining Well

CCS will:	We ask parents to assist CCS by:
<ul style="list-style-type: none"> • Teach students to cover coughs and sneezes with a tissue or their bent arm. If they use a tissue, they should put the used tissue in a trash can and wash their hands. • Provide adequate supplies within easy reach, including tissues and no-touch trash cans. • Encourage students and staff to wash hands often with soap and water for 20 seconds, dry hands with a paper towel, and use the paper towel to turn off the faucet. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer containing at least 60% alcohol may be used. • Include handwashing time in student schedules. • Provide adequate supplies to include soap, paper towels, and alcohol-based hand sanitizer. • Encourage students to keep their hands away from their nose, mouth, and eyes. • Encourage routine surface cleaning 	<ul style="list-style-type: none"> • Keeping your child home when they are not well. • Avoiding close contact with people who are sick. • Teach children to avoid touching your eyes, nose or mouth. • Clean and disinfect frequently-touched surfaces at home especially, when someone is ill. • Teach your student to wash their hands often with soap and water for 20 seconds, dry hands with a paper towel, and use the paper towel to turn off the faucet.

How many of the symptoms listed below does a child have to present to be excluded from school?

<ul style="list-style-type: none"> • Nausea, vomiting, diarrhea and other Stomach/GI Symptoms (remain home for 24 hours until symptoms are no longer present) • Headache • Fever (100.4F) A fever is equal to or greater than 100.4 degrees Fahrenheit. If you are not able to measure a temperature, your child might have a fever if he or she feels warm, has a flushed appearance, or is sweating or shivering. 	<p><i>Prior to sending your child to school, review the viral illness symptoms and mark all that apply to your child:</i></p> <ul style="list-style-type: none"> • Sore throat • Cough • Nasal congestion • Runny nose
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If you answered yes to one or more symptoms your child is to remain at home. Your child may return to school if they have a negative COVID-19 Antigen, PCR, Home Test or alternate diagnosis.

A child with a physician's note diagnosing them with RSV should be excluded until the child has no fever and can tolerate normal activities.

No student regardless of the diagnosis shall return to school until they have been fever free for 24 hours without the use of fever-reducing medications.

c: Dr. Jane Fields
Dr. Natasha Scott

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