

## FROM THE OFFICE OF THE KEOTA SCHOOL NURSE

Dear families,

This is for information only regarding RSV, Influenza and Covid. There are many cases of all of these in our county and the surrounding counties. Because we no longer keep accurate numbers of Covid, I do not have an exact number. Influenza and RSV are also respiratory illnesses and need to be watched carefully.

RSV usually attacks young children but has been found in adults also.

Here is a chart from the CDC..

Signs and Symptoms	RSV	FLU	Covid
Onset of symptoms	gradual	sudden	gradual
Muscle/body aches	sometimes	common	sometimes
Cough	common	common	common
Diarrhea	rare	sometimes	sometimes
Fatigue	sometimes	common	common
Fever	sometimes	common	common
Loss of taste/smell	rare	rare	common
Shortness of breath	sometimes	sometimes	common
Runny/stuffy nose	common	common	common

Sore throat	sometimes	sometimes	common
Headache	sometimes	common	common

Seek medical attention right away if you see these warning signs in children, fast or trouble breathing, bluish lips or face, ribs pulling in with each breath, chest pain, severe muscle pain, dehydration {no urine for 8 hours, dry mouth, not alert or interacting when awake, fever greater than 104F, if a child is less than 12 weeks any fever or any worsening condition.

Seek medical attention right away if you see these warning signs in adults, difficulty breathing or shortness of breath, persistent pain or pressure in the chest or abdomen, persistent dizziness or confusion, inability to arouse, seizures, not urinating, severe muscle pain, severe weakness, unsteadiness, fever or cough that may improve but returns or worsens, any worsening of symptoms.

There are ways to stay healthy. Drink plenty of fluids, get rest. Some people believe in the zinc, vit c, vit d. The most vital is wash your hands frequently, keep hands away from your face, stay home when you are ill, and if you are immunocompromised, stay away from crowds.

Vaccines are available, for influenza and Covid. Boosters are available.

Take care of yourself. End 2022 healthy and start 2023 even healthier.

Nurse Cathy Thalken

Keota School Nurse

