

PIONEER SCHOOL DISTRICT

112 E. Spencer Lake Road Shelton, WA 98584 · phone: (360) 426-9115 · <https://psd402.org>

January 10, 2023

Dear Parents and Guardians,

Washington state is seeing an increase in cases of respiratory syncytial virus, commonly called RSV. RSV is a common respiratory virus that causes cold and COVID-19-like symptoms such as a runny nose, coughing, sneezing, and fever. Most people recover from RSV in a week or two. However, RSV may cause serious symptoms in infants, young children, and older adults. If you or your family have symptoms that include trouble breathing or dehydration, you should call your doctor or pediatrician, visit urgent care, or go to a hospital for care. Please avoid a trip to the Emergency Room unless you have serious symptoms. For information about other warning signs and when to get help see the attached graphic.

RSV can be spread through airborne droplets or from touching surfaces with the virus on them. To prevent spreading RSV, regularly cover your coughs and wash your hands with soap and water. If you believe you have mild RSV or cold-like symptoms you should stay at home and avoid close contact with others. If you need to leave home while sick, please consider wearing a mask to prevent spreading RSV or other viruses to others. Fever reducers and pain relievers such as acetaminophen or ibuprofen can be used to relieve symptoms.

For more information about preventing the spread of flu visit knockoutflu.org

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