



Dear Families:

Seasonal Illness

It is the time of year again when illness begins to spread rapidly person to person.

COVID-19 is still readily circulating, Influenza is on the rise and record numbers of Respiratory Syncytial Virus (RSV) are being identified among hospitalized children. This cold and flu season alone, we have seen high rates of contagious disease, including pediatric hospitalization for RSV in Oregon.

RSV

[RSV](#) is a common respiratory illness that spreads from coughing and sneezing. Most of the time it is a mild course of illness, however very young children and those with weakened immune systems, or underlying diseases are susceptible to severe disease that includes pneumonia, bronchiolitis or respiratory distress. Most common symptoms of RSV include:

- Runny nose
- Decreased appetite
- Coughing

We would encourage you to contact your doctor or seek medical attention if your child experiences:

- Coughing with wheezing
- Shortness of breath
- Difficulty breathing

Health Promotion

It is important to work together to keep our communities safe and healthy! Please remember to take the following precautions:



WASH HANDS
REGULARLY!



COVER YOUR
COUGHS & SNEEZES!



CLEAN SHARED
SURFACES!



STAY HOME WHEN
SICK!



CONSIDER SEASONAL
VACCINES!

For additional information please see:

- [Respiratory Syncytial Virus Infection \(RSV\)](#)
- [Influenza \(Flu\)](#)
- [COVID-19](#)