

# RSU 3

Laura Stewart BSN RN / Jamie Wren BSN RN  
Angel Wren, Health Office Assistant

Mount View High School  
577 Mt View Road  
Thorndike ME, 04986  
Nurse Phone 568-4606  
Nurse Fax 568-7590  
nurses@rsu3.org

Dear Parents and Guardians,

RSU 3 is experiencing an increased number of sick students with various types of viruses such as Influenza, RSV, Pertussis and Covid-19. Currently, Maine is listed as high for Influenza-like illnesses.

There are many procedures we are doing at school to help decrease the spread of illnesses. We are asking everyone to cough/sneeze into their elbow instead of their hand if no tissues are readily available. We are encouraging washing hands with soap and water for 20 seconds, or waterless hand sanitizers when soap and water are not readily available. We are asking students not to share personal items like drinks, water bottles, food or unwashed utensils. We are cleaning shared objects at school and testing students for Covid-19 with permission for those who develop symptoms while at school.

General symptoms we are seeing at school include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and vomiting and diarrhea.

We follow the guidelines from the CDC (Center for Disease Control) when deciding to send students home sick and ask parents to do the same. This will help decrease the spread of illness at school ([www.cdc.gov](http://www.cdc.gov)).

The CDC recommends that people stay home/go home if:

- A fever (100 degrees or higher) is present. Students with a fever should stay home for 24 hours after fever is gone without fever reducing medication (like Tylenol, ibuprofen or cold medicines).
- Some people with the flu (or other virus) will not have a fever so students with multiple symptoms such as a cough, body aches and headache without a fever may also be sent home from school.
- Students with any symptom of Covid-19 (cough, sore throat, fever, loss of taste/smell, headache, runny nose, body aches, nausea, vomiting, diarrhea) should stay home and be tested. If Covid-19 symptoms develop while at school, the student will be tested with permission and the parent will be notified if the test is positive or the child is sick enough to go home. The nurse's office has home Covid-19 tests available to all families. Give us a call and we can send a box (contains 5 test kits) home with your student.
- Students should also stay home/go home if vomiting or they have diarrhea and then they must be symptom free for 24 hours before returning to school.

The CDC recommends the Flu Vaccine and the Covid-19 Vaccine to help prevent or decrease symptoms of disease. Check with your child's primary care provider to see if this is an option for them. Wearing a mask can also help prevent any virus from spreading.