



## From The Health Offices

CDC surveillance has shown a recent increase in RSV (respiratory syncytial virus) and RSV-related hospitalizations in multiple U.S. regions (with some regions nearing peak levels). RSV is a common respiratory virus that usually causes mild cold-like symptoms. RSV can be serious for the very young (infants) and for older adults. RSV can spread when an infected person coughs or sneezes (causing the droplets to land on another person or on a surface).

With that said, cold and flu season is upon us... let's work together to keep our community healthy. Some ideas to help make this happen include:

- Remember to cover your cough and wash your hands
- Keep hands away from your eyes, nose and mouth
- Avoid sharing personal items, food and beverages
- Encourage drinking water, eating healthy foods and promoting rest
- Please keep your child/children home if they are sick
- Reach out to your child's school nurse to report illnesses and/or injuries

Stay Healthy & enjoy the fall season!

Your SAU90 Health Services team,

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<https://www.cdc.gov/rsv/index.html>