[Insert Today’s Date]

Dear Parent/Guardian:

I am sharing the following information with you on behalf of [insert school name]. Please feel free to call us at [SCHOOL NURSE PHONE NUMBER] or the Vermont Department of Health at 855-722-7878.

This letter is to inform you of several members in our school community with symptoms of a respiratory disease. Respiratory diseases are spread from person-to-person through the air. They can be spread before a person shows symptoms.

Symptoms of respiratory diseases can include fever, headache, chills, body/muscle aches, cough, runny nose, shortness of breath, and sore throat. A person may also experience nausea, vomiting, and diarrhea.

**Your child may continue to go to school. Please monitor your child for symptoms of respiratory disease. If your child starts to feel sick, it is recommended you reach out to your healthcare provider. Illness may be the common cold, or it may be caused by RSV, Flu, or COVID-19, all of which can lead to more serious illness. Resources and information for COVID-19 testing can be found on the** [**Vermont Department of Health webpage.**](https://www.healthvermont.gov/covid-19/testing)

You should check with the school nurse for information on when your child can return to school after being sick. Generally, they may return to school if their symptoms have improved and they have been fever free for at least 24 hours without the use of fever reducing medications.

If your child tests positive for COVID-19, follow [Vermont Department of Health guidance](https://www.healthvermont.gov/covid-19/covid-19-symptoms-treatment#positivetest) and keep them home for 5 days. They may return to school if their symptoms have improved, and they have had no fever for at least 24 hours without the use of fever reducing medications. You should talk to your healthcare provider about your child’s COVID-19 illness and to see if any treatment for COVID-19 is recommended for your child.

Here are [some ways to keep your family and others healthy during this time](https://www.healthvermont.gov/covid-19/protect-yourself-others):

* Stay up to date on vaccinations, including COVID-19 and Flu.
* Get a test for COVID-19 when symptoms occur; [testing resources and other information can be found here](https://www.healthvermont.gov/covid-19/testing). If your child is sick, keep them home from school.
* Encourage your child to cover any cough and to wash their hands.
* Consider masking in indoor spaces, especially if someone you live/spend time with is immunocompromised or is more likely to get very sick with COVID-19.

For more information on COVID-19, contact the Vermont Department of Health at 802-863-7240.

Helpful links:

* [CDC Covid-19 Fact Sheet](https://www.cdc.gov/coronavirus/2019-ncov/downloads/Young_Mitigation_recommendations_and_resources_toolkit_01.pdf)
* [Vermont Department of Health guidance for if you test positive](https://www.healthvermont.gov/covid-19/symptoms-sickness/what-do-if-you-test-positive-covid-19)
* [Getting the COVID-19 vaccine or booster](https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine)
* [Vermont Department of Health guidance for Flu](https://www.healthvermont.gov/immunizations-infectious-disease/influenza/prevention)
* [Testing resources and other information](https://www.healthvermont.gov/covid-19/testing)
* [CDC information on RSV](https://www.cdc.gov/rsv/)
* [Vermont Department of Health information on Pertussis (Whooping cough)](https://www.healthvermont.gov/immunizations-infectious-disease/other-reportable-diseases/pertussis)