



# Notes from the Nurse

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## Fun Facts About Respiratory Illnesses!

Flu viruses can be detected in most infected persons beginning one day before symptoms develop and up to five to seven days after becoming sick. People with flu are most contagious in the first three to four days after their illness begins.

People infected with RSV are usually contagious for 3 to 8 days.

It's important to note that not everyone with the flu will have a fever.

PLEASE refer to the student handbook to find guidance on when a student is to stay home/return to school based on his/her symptoms!

Please remember with the change in weather to be dressing your children in clothing appropriate for the anticipated weather!  
Don't forget hats, gloves, and coats!

Protect your child from respiratory illnesses such as RSV, flu, and COVID-19



Wash your hands often.

Use soap and water and wash for at least 20 seconds.



Cover your coughs & sneezes.

Use a tissue or your upper sleeve, not your hand.



Stay home when you're sick.

Keep sick children home, as well.



Get your flu & COVID shots.

Contact your primary care provider, pharmacy or find a flu clinic at MarylandVax.org.



Clean and disinfect frequently touched surfaces.



Such as door knobs and mobile devices.



Avoid touching your face with unwashed hands.

Consider wearing a mask.



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