

Dear Greenburgh Central School District Community,

We have seen a recent increase in absences at our schools due to various respiratory illnesses such as influenza (flu) and RSV. There has been an overall increase in these illnesses throughout Westchester County and New York State. We would like to provide you with some resources to help protect you and your family during these upcoming winter months:

Common symptoms to look for in children include:

- a stuffy or runny nose
- sore throat
- headache
- cough
- fever
- not eating or drinking well
- a general ill feeling
- chills
- muscle aches
- dizziness
- exhaustion or fatigue
- nausea or vomiting
- ear pain
- diarrhea

If your child has any of these symptoms, please keep them home and contact their doctor for further instructions.

****Any child with a fever of 100.0 or higher, must stay home until fever-free for 24 hours without the use of over the counter analgesics such as Tylenol or Motrin.****

Some friendly reminders to stay healthy this season:

- Wash your hands often with soap and water or use hand sanitizer when available.
- Cover your cough and sneeze with a tissue.
- Try to get plenty of rest each night.
- Eat a good amount of healthy fruits and vegetables each day and stay hydrated with plenty of water.
- Be sure to get your annual flu vaccine.

Please see these additional parent resources about influenza and RSV:

[Influenza \(Spanish\)](#)

[RSV \(Spanish\)](#)

[New York State Department of Health](#)

Thank you,
Greenburgh Central School District Nursing Team