

Did you know we are still in respiratory season? The period from early October to late May is when viruses like RSV, Influenza and COVID-19 are all circulating. In these colder months, we see a lot of stomach bugs as well. It's important for parents and guardians to keep their children home from school if they are experiencing any new symptoms. Keeping your child at home when they are sick will help avoid spreading germs to others. Children also need rest to recover from illness and without enough rest, it may take your child longer to feel better.

Jefferson County Public Health supports your school implementing illness prevention strategies to help keep our community healthy and to help keep schools and childcares open and functional.

PREVENTION STRATEGIES:

- Stay home when sick.
 - ➔ Refer to CDPHE's [How Sick Is Too Sick](#) guidance and your school's current illness and return policy.
 - ➔ Common symptoms include new or worsening cough, runny nose, cold-like symptoms, nausea/vomiting/diarrhea, and fever.
- Wash your hands often.
 - ➔ Refer to [CDC's Keeping Hands Clean](#) for key times.
- Cover your coughs and sneezes.
See [CDC's personal hygiene guidance for coughs and sneezes](#).
- Consult with pediatrician and get tested, if appropriate.
 - ➔ Report positive cases to your school or childcare.
- Stay up to date on vaccinations.
- Avoid touching your face (eyes, nose, mouth).
- Clean and disinfect frequently touched surfaces and objects.
- Avoid close contact with ill individuals.



Resources for families/caregivers:

[Colorado Department of Public Health and Environment How Sick is too Sick](#)
[Children's Hospital Colorado Bug Watch](#)