

JANUARY

Bloomfield Schools Health Office Newsletter

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Updates from the Health Staff

RSV: Respiratory Syncytial Virus

The New Mexico Health Alert Network (NM HAN) has recently reported that RSV transmission has increased to seasonal epidemic levels and is expected to continue to increase for the next 1-2 months.

WHAT IS RSV?

RSV is a contagious illness that infects the lungs and respiratory passages ultimately impacting the quality of breathing. Although common in infants, people of any age can become infected.

SYMPTOMS OF RSV

RSV is a seasonal, highly contagious respiratory virus that mimics the common cold. Most recover within a week or two, however RSV can be serious especially in the young, elderly and any medically fragile person. Symptoms usually occur 4-6 days following transmission and include:

- Runny nose
- Decrease in appetite
- Coughing with wheezing
- Sneezing
- Fever

CARE AND TREATMENT

The management of RSV involves treating symptoms, staying hydrated, and communicating with your healthcare provider. If you or your loved one have difficulty breathing, a fever that will not break, or trouble staying hydrated, it is crucial to contact a healthcare provider in an effort to prevent severe infections and hospitalization.

ILLNESS-RELATED SCHOOL ABSENCES

Please keep your child home if you suspect they have been in contact with someone with RSV or if they have a fever. Students will need to remain out of school until they have not had a fever for 24 hours without the use of fever-reducing medications such as acetaminophen or ibuprofen. If you are unsure whether or not your student simply has a cold or not, please contact your healthcare provider.

Never hesitate to contact the health office staff at your student(s) school with any questions or concerns. We strive to assist in coordinating the health care of your student(s) with community health providers and can provide information and resources regarding health.

All of us in the Health Services Department here at Bloomfield Schools wish you and your family a very HAPPY & HEALTHY New Year.

As we enter the New Year and Spring Semester, we wanted to share a few reminders with you.

- Please return any requested documentation or records as soon as possible. If you're in need of assistance in obtaining the information requested, please call the health office at your student's school.
- If your student has experienced a major medical issue, condition, or fracture, please notify the health office staff so that educational and physical activity accommodations can be arranged with the teaching staff.
- In the winter months, it is important to have your student(s) dress in layers, wear a coat/jacket, hat, and gloves. The health offices do not have extra coats, gloves, or hats available for students in need. However, should your family need assistance providing these essentials, please reach out to one of us and we can offer resources that may be able to help your family.
- Please contact the health office staff at your student's school to update Medical & Emergency Contact Information. We often need to reach you or a trusted family member throughout the school day and need to be certain we have the correct contact information on file.

We hope the new year bring lots of joy, happiness, new adventures, and good health to you, your family, and your friends.

In Health & Wellness,

THE BSD HEALTH OFFICE STAFF

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