










FALL REMINDER

Dear FRSD families,

As we are now spending more of our time indoors we would like to remind you that it is still important to take precautions to help prevent the spread of COVID-19. The district is working non-stop to keep kids in school and we need your help! Following are some important steps that you can continue to take to help keep your child in school for in-person learning.

1. Proper mask wearing when you will be within 6 feet of people you don't live with
2. Wash hand or use hand sanitizer frequently
3. Keep sick kids home
4. Limit contact in social indoor settings such as sports, sleepovers, birthday parties and fall gatherings. Ask if anyone your child will be socializing with has had any recent illnesses
5. If your child is in Quarantine please limit the number of other people they have contact with to limit the spread of illness

Is it cold, flu or COVID-19?

Symptom	Cold	Flu	COVID-19*
 Incubation Period	1-3 days	1-4 days	1-14 days
 Symptom Onset	Gradual	Sudden	Gradual or Sudden
 Fever or Chills	Rare	Common	Common
 Cough	Sometimes	Common	Common
 Sore Throat	Common	Common	Sometimes
 Shortness of Breath or Difficulty Breathing	Sometimes	Sometimes	Common
 Fatigue (Tiredness)	Sometimes	Common	Common
 Nausea or Vomiting	Rare	Sometimes	Sometimes
 Diarrhea	Rare	Sometimes	Sometimes
 Congestion or Runny Nose	Common	Common	Common
 Body/Muscle Aches	Sometimes	Common	Common
 Headache	Sometimes	Common	Common
 Loss of Appetite	Sometimes	Common	Sometimes
 New Loss of Taste or Smell	Rare	Rare	Sometimes*

Sources:
Centers for Disease Control and Prevention
World Health Organization

*Can be a high predictor of COVID-19
**Information about COVID-19 is evolving.

Thank you all for your hard work as we continue to navigate this challenging time. You have all done a great job!

Take Care,
-Nurse Elliott