



# Western Line SCHOOL DISTRICT

“Committed to Excellence in Education”

Takeshia Cooper, Director  
Health and Wellness

102 Maddox Road  
Post Office Box 50  
Avon, MS 38723  
Phone: (662) 335-7186  
Fax: (662) 378-2285  
Email: [Takeshia.Cooper@westernline.org](mailto:Takeshia.Cooper@westernline.org)

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As we are currently in RSV (Respiratory Syncytial Virus) season, which typically starts in the fall and peaks in the winter, I want to share essential information regarding prevention, symptoms, and guidelines to help keep our school community safe.

## How RSV Spreads:

RSV can spread through the following ways:

- When a person with RSV coughs or sneezes near you.
- By inhaling virus droplets from a cough or sneeze that enter your eyes, nose, or mouth.
- Through direct contact with an infected person, such as kissing the face of a child with RSV.
- By touching a contaminated surface, like a doorknob, and then touching your face before washing your hands.

## Signs and Symptoms of RSV:

RSV can look like a cold and may include:

- Fever – a temperature of 100.4 or higher
- Congestion
- Cough – which may turn into wheezing
- Sneezing or runny nose
- Decreased appetite

## Who is at Risk?

While **anyone can contract RSV**, infants, young children, and older adults are at increased risk for severe illness. Nearly all children will have an RSV infection by their second birthday, and repeat infections may occur throughout life. Individuals with weakened immune systems can spread RSV for 4 weeks or longer, even after symptoms have resolved.

## Prevention Tips:

**Everyone can take action to help reduce the spread of RSV and other respiratory viruses:**

1. **Practice Good Hygiene: Cover your coughs and sneezes, wash or sanitize your hands frequently, and clean commonly touched surfaces.**



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- Cover your nose and mouth with a tissue if you cough or sneeze (then throw the tissue away) or encourage children to cover their mouth and nose with their elbow and sneeze/cough into their sleeve.**
- 2. Improve Air Quality: Bring in fresh outside air, use air purifiers, or gather outdoors when possible.**
- 3. Stay Home When Sick: If you are feeling unwell, please stay home and away from others.**
- 4. Consider Additional Precautions: Use masks, practice physical distancing, and get tested if necessary.**

RSV can survive for many hours on hard surfaces, such as tables, and typically lives on soft surfaces, such as tissues and hands, for shorter amounts of time. Children are often exposed to and infected with RSV outside the home, such as in school or childcare centers, and they can then transmit the virus to other family members.