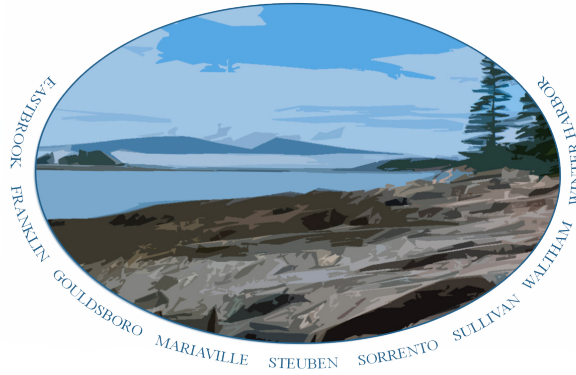


Regional School Unit 24



January 18, 2019

Dear Parents and Guardians of RSU24 students,

We have been in contact with Dr. Douglas MacGregor, the Medical advisor for RSU24, regarding concerns related to ongoing illnesses in our schools and community. This is his statement regarding this:

We are aware that pertussis, also known as whooping cough, is in our and neighboring communities. We are also aware that other respiratory illnesses are appearing community-wide such as influenza, RSV and others. Although no single formula exists as to when to bring your child to their medical provider, we suggest going to the provider if your child has a severe cough, vomits after coughing, has fits of coughing, or is showing increased work of breathing. Of course, parents should seek medical consultation according to their own concerns as well.

Please see information on the back of this letter that discusses the differences in symptoms for influenza (Flu), a Cold or Whooping cough (Pertussis).

Thank you for your consideration,

RSU #24 Nurses

Is it Influenza (Flu), a Cold, or Whooping Cough?

Symptoms		Flu	Cold	Whooping Cough
Fever		Usually present and high (102–104°F or 39–40°C); typically lasts 3–4 days	Uncommon in adults and older children	Uncommon. If present, typically mild (99.5–100.4°F or 37.5–38°C)
Headache		Very common	Uncommon	Uncommon
Aches and pains, muscle aches, chest discomfort		Common, often severe	Slight to moderate	Uncommon
Fatigue and weakness		Moderate to severe; can last up 14-21 days	Mild	Mild to moderate
Extreme exhaustion		Very common in early illness	Extremely rare	Rare
Stuffy or runny nose		Sometimes	Common	Common, early in disease
Sneezing		Sometimes	Common	Common, early in disease
Sore throat		Sometimes	Common	Uncommon
Cough	Type	Non-productive ("dry") cough is typical; nighttime cough rare	Hacking cough, often productive; nighttime cough rare; usually responds to cough medications	Variable; fits and attacks and nighttime cough are common; characteristic high-pitched "whoop" sound, generally not responsive to cough medications
	Severity	Moderate	Mild to Moderate	Variable; can be mild in adults and very severe in infants and young children
	Duration	Typically 3-7 days; occasionally to 14 days	Typically 3–7 days	Persistent cough, almost always more than 1 week, usually 2-6 weeks, sometimes more than 10 weeks
	Cough attacks/fits	Uncommon	Rare	Common
Infectious Period		1–2 days before symptom onset to 5–10 days after	Variable; typically 4–7 days after symptom onset; can be longer	From start of increased mucus production (before cough begins) to 21 days after cough starts*

*or until taking five days of appropriate anti-pertussis antibiotics.

