Primary Care Alberta

16 December 2025

Dear Parents/Guardians,

RE: Notice of Respiratory Illness Outbreak at Elm Street School

A respiratory Illness outbreak has been declared. This is due to a cluster of children/students sick with respiratory symptoms.   Respiratory Illness symptoms include: Cough, shortness of breath, sore throat, loss or altered sense of taste/smell, runny nose/nasal congestion, fever, and may also include fatigue (significant and unusual), muscle ache/joint pain, headache, nausea, vomiting, diarrhea.

The germs that cause respiratory illness can be easily spread from one student to another through coughing and secretions from the nose and mouth. To help minimize the spread of any respiratory illness we always recommend the following:
- Ill children/students should stay home.
- **Perform hand hygiene** frequently by washing their hands with soap and water or using alcohol-based hand rub.
- **Practice respiratory hygiene**:
  - cough and sneeze into their sleeves or
  - cover their mouths and noses with a tissue when coughing or sneezing
  - throw away used tissues immediately after sneezing, coughing, or wiping their noses.
  - perform hand hygiene as described above.
- Clean surfaces that are frequently touched such as doorknobs, light switches, and bathroom taps.
- Immunization is an important public health measure, and all families, children and staff are encouraged to complete their routine immunizations, COVID-19, and influenza immunizations.
- Testing is not routinely recommended however your health care provider may recommend testing for clinical management

Children/Students who are ill with respiratory symptoms should remain away from the school until their symptoms have improved and they have been free of fever for 24 hours without the use of fever reducing medication, and they feel well enough to resume normal activities.

If you have any further questions about your child's illness, please call Health Link at 811. For more information, please refer to MyHealth.Alberta.ca.

Sincerely,

Public Health, Communicable Disease Control Outbreak Team