Pneumonia Illness Notification Recommendations

The verbiage below can be used to notify parents of *three or more cases of pneumonia in a classroom*. Include this fact sheet with the notification: www.nhlbi.nih.gov/resources/what-pneumonia-fact-sheet.

School Name: (Include school name here)
Classroom: (Include classroom name here)

Date: (Include date here)

Dear Parent and/or Guardian:

Several students in your child's classroom have been diagnosed with pneumonia.

About Pneumonia:
Pneumonia is an infection of the lungs. Many germs (bacteria, fungi, parasites, and viruses) can cause pneumonia. It is diagnosed based on symptoms and imaging tests like a chest X-ray. Healthcare providers are not always able to find out which germ caused the pneumonia.

Symptoms of pneumonia can include:

- Chest pain when breathing/coughing,
- Worsened asthma symptoms,
- Tiredness,
- Fever/chills,
- Shortness of breath,
- Nausea,
- Vomiting, or
- Diarrhea.

The germs that cause pneumonia can spread from person to person. Germs are more likely to spread during the first week of illness, but germs can spread for weeks.

Next Steps for Your Family:
Watch your child for symptoms. It may take 1-4 weeks after exposure for a person to become sick.

If your child becomes sick, notify the school. Also, keep sick children home from school and extracurricular activities. Seek healthcare treatment if your child has severe or ongoing respiratory symptoms.

Sick individuals can return to normal activities when, for at least 24 hours, both are true:

- Your symptoms are getting better, and
- You have not had a fever (and are not using fever-reducing medication).

Tips to Protect Yourself and Others from Pneumonia:
You can lower the risk of pneumonia by staying up to date on recommended immunizations. To help stop the spread, cover coughs and sneezes and practice good hand washing.

If you have questions, contact your healthcare provider or Livingston County Health Department at 517-546-6882. More information is also available at www.cdc.gov/pneumonia.