



Cold & Flu Season

The cold and flu season is near, so I want to pass on a bit of information about staying healthy this cold and flu season.

Students should stay home when they have the any of the following symptoms:

- Fever above 100° F
 - Heavy nasal congestion
 - Frequent cough
 - Vomiting
 - Diarrhea
 - Blistery rash
- If your child is diagnosed with a contagious illness

What you can do to keep from getting sick and spreading flu?

- **Cover your mouth and nose.** The flu spreads from person-to-person in the droplets produced by coughs and sneezes, so cover coughs and sneezes with your elbow instead of your hand. If you are wearing short sleeves, use a tissue and wash your hands immediately.
- **Practice good hand hygiene.** Wash your hands often with soap and water, especially after coughing or sneezing.
- **Stay home if you are sick.** Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others. Sick people should stay at home until at least 24 hours after they no longer have a fever or signs of a fever (without the use of fever-reducing medicine).
- **Clean surfaces.** Wash items that are more likely to have frequent hand contact, such as desks, door knobs, keyboards, phones, and pens.

Other important illness information:

Aspirin (acetylsalicylic acid) should not be given to children or teenagers; this can cause a rare but serious illness called Reye's syndrome.

- **Contact your health care provider** if you have an underlying respiratory illness or severe symptoms. Severe symptoms include: dehydration, not eating, listless, delusional, or unable to keep down any food or fluids, high fevers despite fever reducers, you have a high fever with rash, or with questions/concerns.

Nurse Wendy