

Notes from the Nurse

At this time of year we normally see an increase in colds, sore throats, rashes, and stomach flu in our students. Please encourage your children to wash their hands often, as this is still our best defense against spreading illness. Also practice good health guidelines: eat right, exercise, and get plenty of rest to help boost their immune system to fight the effects of the cold and flu virus.

Please do not send your child to school if they have any of the following symptoms:

- A temperature above 100.0 degrees Fahrenheit or higher. Please keep the child home until they are fever free for 24 hours without medication
- Have had diarrhea in the last 24 hours
- Have a persistent cough.
- Have inflamed eyes with drainage (may return 24 hours after started on antibiotic eye drops)
- Strep throat (may return 24 hours after started on antibiotics)
- An undiagnosed rash, until seen by a doctor
- Have had an episode of vomiting in the last 24 hours



Let's fight the flu together!

Influenza is a contagious disease of the respiratory tract (nose, throat, and lungs) that can lead to serious complications, including pneumonia and the worsening of other chronic health conditions. Flu symptoms may include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. The best way to protect your family from new influenza strains is to get vaccinated each year.