



IMPORTANT INFORMATION FROM YOUR SCHOOL NURSE



Flu season is upon us! We have seen an increased number of flu cases over the past several days. I would like to review some measures that may help your family stay healthier this season. It is important that everyone, especially children, receive a flu vaccine every year! The vaccine is available at your physician's office, multiple pharmacies in our area, and our local health department. The flu is very contagious and can spread from person to person by breathing in the droplets in a cough, sneeze or runny nose that contain the flu virus.

Signs and Symptoms of the flu may include:

The flu comes on quickly. Most people with the flu feel very tired and may have a high fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, vomiting or diarrhea. If you suspect you or a family member is sick, contact your doctor for further evaluation as soon as possible. **Please do NOT send your child to school if they are experiencing any of these symptoms.**

Prevention:

- Hand washing with soap and water, especially before meals; alcohol based hand sanitizers also work.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw tissue in the trash and wash your hands.
 - Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters and toys for children. Use household disinfectants according to directions.

Treatment:

The flu can be treated with antiviral drugs, such as Tamiflu. Acetaminophen (Tylenol) or ibuprofen may be taken to reduce fever and increase comfort. Avoid products containing Aspirin. People with the flu need plenty of rest and fluids.

Keep your child home for at least 24 hours after the fever is gone, and 24 hours after vomiting and/or diarrhea subsides. Please send a doctor's excuse when your child returns to school.

