

From the School Nurse

WHEN YOUR CHILD IS SICK

Send your child to school if:

- The child has a temperature of less than 100.0 F°
- The child has not vomited for 24 hours
- There is a slight, but not persistent cough
- There is a slight cold
- There is no diarrhea for 24 hours
- Conjunctivitis or pink eye has been treated for 24 hours
- A skin rash had been treated for 24 hours
- There is no active case of lice or nits
- There is a slight headache that has not been caused by an injury or fever
- There is a slight sore throat of 1-2 days that is not worsening
- Ringworm has been treated for 24 hours

Keep your child home and call your doctor for instructions if:

- The child has a temperature of 100.0 F or more
- The child has vomited within a 24-hour period
- There is a persistent cough
- There is a bad cold or virus with symptoms of nasal discharge or persistent cough
- There is a virus with vomiting, stomach cramping, or diarrhea, etc.
- Eyes are red, irritated, itching, or painful
- There is a skin rash that is itching, spreading, or worsening
- There is head lice or nits
- A severe headache that is caused by an injury or fever
- A bad sore throat lasts 3 days or longer or there is both a sore throat and a rash

NOTE: If your child visits the doctor and needs to take medications at school, call the school for policy information and to obtain the necessary medication forms.

THE FLU & YOU

What is the flu (influenza)?

A virus typically seen from November to April causes the flu. It is spread from person to person by coughing or sneezing. People can get sick 3-4 days after becoming exposed to the flu. The best way to prevent the flu is by getting a flu shot or nasal spray and to avoid contact with people who are already ill.

Who should get the flu vaccine?

Anyone can get the vaccine, but is very recommended for the following groups:

- People over 50 years of age
- Healthcare workers
- Children, aged 6 months and older
- People with chronic health problems
- Pregnant women in their second or third trimester
- Anyone on long term aspirin therapy

Is it the flu or a cold?

Symptoms

Fever
Headache
General Aches
Fatigue, Weakness
Extreme Exhaustion
Stuffy Nose, Sneezing, Sore Throat
Chest Discomfort, Cough
Complications

Cold

Rare
Rare
Slight
Very mild
Never
Common
Mild to moderate
Sinus congestion or earache

Flu

102 to 104 degrees; lasts 3-4 days
Prominent
Usual, often severe
Can last up to two weeks
Can last up to two weeks
Sometimes
Common, can become severe
Bronchitis, pneumonia; Can be life threatening

What should you do if you get the flu?

- Stay home
- Drink plenty of fluids
- Gets lots of rest
- If you have a fever, take acetaminophen or ibuprofen

Consult with your doctor if:

- Your fever lasts more than one week
- You have trouble breathing or heart problems with other serious health problems
- You have an autoimmune disease such as cancer or HIV/AIDS
- You feel sick and don't seem to be getting better
- You have a cough that begins to produce phlegm