Winter Edition 2019

FLU

What are common symptoms of the flu?

They usually come more suddenly than cold symptoms. They include fever, feeling feverish, the chills, having a cough, sore throat, runny nose, muscle or body aches, headache, and fatigue. Less common are vomiting and diarrhea. Children are more likely to have vomiting and diarrhea than adults are, the CDC says.

Not everyone with the flu has a fever.

When does flu season begin and end?

Although you can get the flu anytime, flu season starts in October and can go as late as March and even April. But ''it usually peaks in the U.S. in February, says William Schaffner, MD, medical director of the National Foundation for Infectious Diseases.

**If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone. (Fever should be gone for 24 hours without the use of a fever-reducing medicine.)**

Take everyday preventive actions to stop the spread of



-Try to avoid close contact with sick people.

-While sick, limit contact with others as much as possible to keep from infecting them.

-Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.

-Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

-Avoid touching your eyes, nose and mouth. Germs spread this way.

-Clean and disinfect surfaces and objects that may be contaminated with germs (door handles, toilet handles, sink faucets, remote controls, etc.).

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HEAD LICE DO NOT HIBERNATE!

How are head lice spread? 

• Head lice move by crawling and cannot jump or fly

 • Head lice are mostly spread by direct head-to-head contact—for example, during play at home or school, sleepovers, sports activities, or camp

 • It is possible to spread head lice by contact with items that have been in contact with a person with head lice, such as clothing (for example, hats, scarves, or coats) or other personal items (such as combs, brushes, or towels)

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Hypothermia/Frostbite

When it is cold outside, remember to set a reasonable time limit on outdoor play and have children come inside periodically to warm up. Dressing in layers is best.

 Casey Brawner, RN – Coordinated School Health