

### **A word from your School Nurse:**

The peak of flu and cold season is upon us. We need your help in preventing the spread of illness in our schools. To prevent widespread flu in school, we recommend that your child stay home from school if experiencing flu or cold symptoms.

Flu is a contagious respiratory illness caused by the influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year. CDC recommends that people get a flu vaccine by the end of October. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout flu season, even into January or later.

Flu can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- Fever\* temp of 100.0 or higher. A child who has a fever should remain at home until "fever free" for a minimum of 24 hours.
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

\*It's important to note that not everyone with flu will have a fever.

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes.

### **To help prevent the flu, colds, and other viruses; teach your children good hygiene habits:**

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick.

**Thank you in advance for helping to make this year at school as healthy as possible.**

