

Tips from the school nurse to help keep your child healthy and flu-free:

With flu season upon us, it is important that we work together to keep our children healthy. Viruses spread easily among children in schools. By keeping our children flu-free, we benefit the community as a whole. You can prevent the spread of the flu or help your child get better if he/she does get sick by following a few simple steps:

- If possible, you and your child should get a flu vaccine
- Remind your child to cover his/her nose and mouth with a tissue when sneezing and coughing and then disposing of it immediately.
- Have your child wash his/her hands frequently with soap and warm water for at least 20 seconds.
- Disinfect frequently touched surfaces and shared items at least once a day.
- Ensure that bathrooms are stocked with soap, hand towels and tissues.
- Teach your child not to touch his/her mouth, nose and eyes.
- If your child is sick and has a fever, keep him/her home to prevent the spread of illness to others.

If you are concerned about your child's flu symptoms, call your doctor early and call your doctor immediately if your child has a chronic illness.

Common symptoms of the Flu:

- High fever
- Severe headaches
- Muscle and body aches
- Exhaustion
- Dry Cough

Additionally, children often exhibit other flu symptoms that are rare in adults

- Nausea
- Vomiting
- Diarrhea

If you have any questions or would like additional information about preventing and treating the flu, please contact the school nurse.