

FLU SEASON

Flu Season is here. Being that the **Flu and Covid-19** have a lot of the same symptoms the only way you can tell is with a test. Please evaluate your child daily before sending to school. Check their **TEMPERATURE, are they complaining of not feeling well, are they exhibiting the symptoms: Sore throat, Congestion, Sneezing, Coughing, Headache, Body aches.** If they are, then **PLEASE** keep them home. They have to stay home until **SYMPTOM FREE** for 24-hours. If symptoms **worsen** they should be taken to their doctor where they can be tested for **COVID** and the **FLU**. **REMEMBER: If they come to the Nurses Office and they are exhibiting these symptoms they will be sent home for 10-days. They will not be able to return until they either have a Negative Covid test, or are symptom free for 24-hours without the use of fever reducing medications.**

I want to take this time to review the **Flu symptoms, treatment** and **when to keep your child home from school.**

FLU FACTS:

What is Influenza (FLU)?: Flu is a contagious respiratory illness caused by 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.**

How is it Spread?: Children/ Adults with flu can spread it to others up to about 6 feet away. Most experts think that the flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of children/adults who are nearby or possibly be inhaled into the lungs. Also, a person might get the flu by touching a surface or object that has the flu virus on it and then touching their own mouth, nose or possibly their eyes.

Contagious Period: Children are the most contagious in the first 3-4 days after their illness begins. Healthy adults may be able to infect others beginning 1 day **BEFORE** symptoms develop and up to 5-7 days **AFTER** becoming sick. Symptoms can begin about 2 days (but can range from 1-4 days) after the virus enters the body. **That means that you can spread the flu to someone else before you know you are sick, as well as while you are sick.** Some people can be infected with the flu virus but have no symptoms. During this time, those people may still spread the virus to others.

Symptoms:

- **FEVER- it is important to note that not everyone with flu will have a fever.**
- **COUGH**
- **SORE THROAT**
- **RUNNY OR STUFFY NOSE**
- **BODY ACHES**
- **HEADACHE**
- **CHILLS**
- **FATIGUE**
- **SOMETIMES DIARRHEA AND VOMITING**

Treatment: Is there a medicine to treat flu? Yes. Antiviral medications, such as Tamiflu, can lessen the severity and duration of the flu. Ibuprofen or Acetaminophen (Tylenol) for fevers over 101 may be used – for young children, check with your physician for dosage.

How to Treat Fever in Children:

When a child has a fever, researchers say parents and caregivers should focus on the overall well-being of the child and carefully monitor their behavior for any changes in activity or temperament that may be a sign of a serious illness. Additionally, they offer this advice for treating [fever in children](#):

- Encourage the child to drink appropriate fluids to prevent [dehydration](#).
- Acetaminophen or ibuprofen, when used in appropriate doses based on the child's weight, are generally safe and effective to manage symptoms of fever in children.
- Do not wake a sleeping child to give him or her a fever reducer.
- [Cough](#) and cold medications that contain acetaminophen or ibuprofen should not be given to children. Parents may accidentally give the child simultaneous doses of acetaminophen or ibuprofen and a [cough](#) and cold medication that contains the same fever-reducing medication.
- For children who require liquid medications, only one formulation should be used in the household.

When Can Your Child Come Back to School?

- Your child must be FEVER FREE for 24 hours, without the use of medicine, before returning to school.

THE SINGLE BEST WAY TO PROTECT AGAINST THE FLU IS TO GET VACCINATED!!

Why should people get vaccinated against the Flu?

Every flu season is different, and influenza infection can affect people differently, but millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die from flu related causes every year. An annual seasonal flu vaccine is the best way to help protect against flu. Vaccination has been shown to have many benefits including reducing the risk of flu illnesses, hospitalizations and even the risk of flu-related death in children.

Final Thought! Please Parents, make sure that your EMERGENCY CONTACT list is up to date. When I have your sick child in my office it is imperative that I am able to contact you!

Please feel free to call the Health Office should you have any questions.

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