



Fairfield College Preparatory School

A Jesuit, Catholic School of Excellence

Dear Parents,

Flu season is upon us. Please remind your student to be vigilant about hand washing with warm water and soap, covering coughs and avoiding anyone with a cold or stomach bug symptoms. At home, clean phones, keyboards, doorknobs and common areas/items to minimize the spread of germs and viruses at home. If illness strikes, consider using disposable utensils until the illness subsides. Replace toothbrushes after recovering from the illness.

The classic signs of flu include:

- **Fever** which can be high - a fever is anything over 100+ degrees F
- **Cough** and/or chest discomfort which can become severe
- **Headache**
- **Sore throat** which MAY include cold symptoms of stuffy nose, sneezing
- **General body aches and pains**
- **Fatigue and weakness**
- **Exhaustion**

Please consult your health care provider as needed. Flu vaccines are available at the Fairfield Health Department. Call 203-256-3150 for an appointment.

The difference between a **cold and the flu** is that a cold **RARELY INVOLVES A FEVER [except in young children]** or headache, fatigue, weakness, exhaustion, and generalized severe aches and pains.

Colds usually begin with a day of sore throat and progresses to runny nose and congestion in 24 hours. A mild cough may be present.

Keep your student home with a stomach bug which includes nausea, vomiting and sometimes diarrhea.

The common stomach bug generally does NOT INVOLVE FEVER and goes away in 24 to 48 hours. Excessive vomiting and diarrhea involving fever needs to be evaluated by your doctor.

If your student is going to miss school for any reason, please enter the absence on Prep's Student Attendance Site. If the absence is related to illness, please leave a brief description and, most importantly, please report if your student was tested by the doctor and is positive for the flu. Your cooperation in this matter is appreciated. Please provide any doctor notes to the attendance office when the student returns.

Thank you for your support in keeping our school healthy!

Mary Ellen Lehmann, RN
Fairfield Prep School Nurse