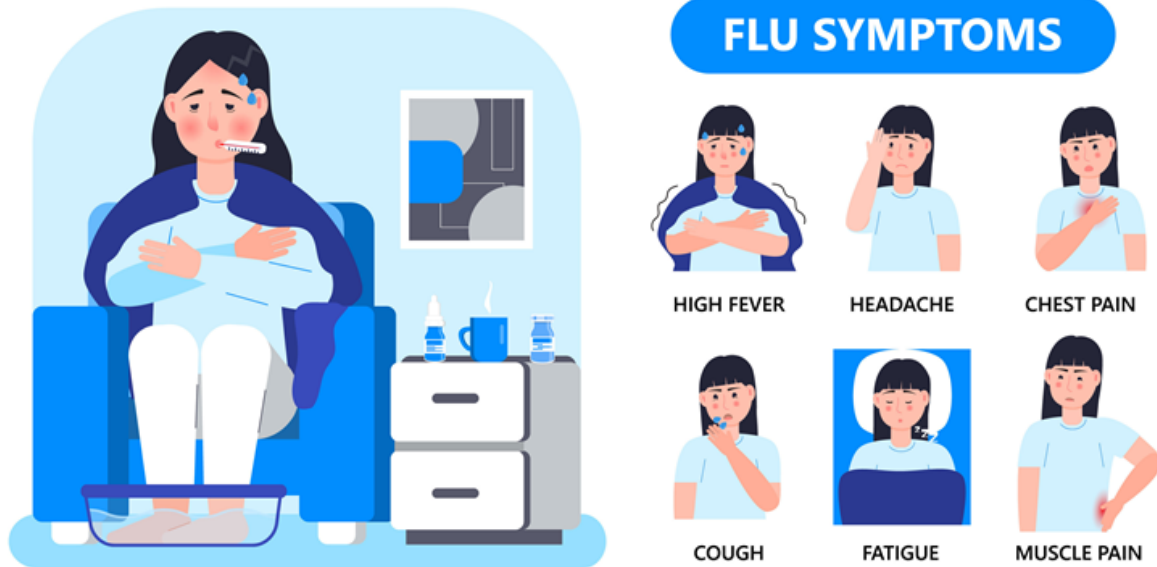


COLD & FLU SEASON: KEEPING YOURSELF, FAMILY & OTHERS SAFE



Flu season begins in the fall & lasts into the spring.

Anyone can catch the flu, but young children, older adults and people with certain health conditions are at greater risk for serious complications.

What to do if your child is ill:

- Symptoms of flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some may also have vomiting and diarrhea or respiratory symptoms without a fever.
- Your child should stay home if they have flu symptoms until at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine).
- Make sure your child gets plenty of rest and drinks clear fluids (such as water, broth, sports drinks) to prevent dehydration.

- Testing for COVID is recommended to rule it out.
- Notify the school nurse that your child is home with a respiratory illness.
- Follow up with your medical provider as needed.

How to reduce your risk of catching the flu:

- Get the flu shot! It takes about two weeks after vaccination for antibodies that protect against flu. Vaccinate early in fall, before flu season begins.
- Wash your hands frequently (15-20 seconds in warm, soapy water) or use an alcohol-based hand sanitizer.
- Cover your cough! Use a tissue to cough or sneeze into and dispose of it quickly! If you don't have a tissue, cover your mouth and nose with your elbow. Wash your hands or use hand sanitizer after.
- Stay away from sick people!
- Eat healthy, exercise and be sure to get enough sleep!
- Wipe down frequently used items or surfaces (doorknobs, toys, remote controls, etc.) with disinfectant wipe!

Returning to school after illness:

- Your child may return to school when the temperature has been lower than 100 degrees, without fever-reducing medication, for 24 hours & their symptoms are improving.
- If your child has seen the doctor, please ask your doctor for a note for your school nurse confirming the diagnosis. This helps School Health Services to monitor health and disease trends in the school.