

Wentworth Intermediate School

Calumet City School District No. 155

530 Superior Avenue

Calumet City, Illinois 60409

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Dear Parents/Guardians,

With Flu season in full swing, I thought this information could be helpful to you;

Symptoms of the flu:

Initially, the flu may seem like a common cold with a runny nose, sneezing and sore throat. But colds usually develop slowly, whereas the flu tends to come on suddenly. And although a cold can be a nuisance, you usually feel much worse with the flu.

Common signs and symptoms of the flu include:

- Fever over 100.4 F (38 C)
- Aching muscles, especially in your back, arms and legs
- Chills and sweats
- Headache
- Dry, persistent cough
- Nasal congestion
- Sore throat
- Fatigue and weakness
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Your child should be kept home from school if he/she:

- Has a fever of more than 100 degrees. It is important to have a thermometer to measure a fever just touching a child's head only tells you how warm the head is. Most grocery and drug stores sell thermometers for five dollars or less.
- Has vomited two or more times. A single episode of vomiting can be caused by a variety of non-illness related issues. However, vomiting more than two times is a sign of a contagious condition.
- Has diarrhea. It can be difficult to know when diarrhea is more than a loose bowel movement. Parents should watch for two or more episodes of watery stools particularly if the child also has nausea, a fever, or other signs of illness. A child with blood or mucus in the stool should be taken to the doctor for further evaluation.
- Has severe pain. Many times a doctor will clear a child to return to school after an ear infection, dental procedure, or other intervention. However, most children who need prescription-strength pain medication to control pain will not be able to learn and should stay home until the condition is controlled with over-the-counter pain medications like Tylenol and Advil.

Sincerely,
Nurse Cindy