

## Glascocock County Consolidated School

### Flu Season Update

According to the Centers for Disease Control (CDC), flu viruses tend to peak between **December and March**, and this is called the “Flu Season.” The timing of flu is not always predictable and can vary in different parts of the country and from season to season. Although most people will recover from the flu, it can cause serious illness and possibly even death in those that are at high risk. High-risk populations include; older adults, very young children, pregnant women, and those with certain chronic medical conditions. The CDC and public health officials recommend everyone – 6 months of age and older get the flu vaccine yearly. Therefore, it is very important for us to remind parents, students, and faculty/staff to get vaccinated. The flu is spread mainly from person to person through coughing, sneezing, and touching surfaces with the flu virus on them. Typical flu symptoms include high fever, cough, sore throat, runny or stuffy nose, headache, muscle aches, and fatigue.

Some preventive measures you can do to help reduce the spread of flu and other infectious illnesses include:

- **WASH YOUR HANDS FREQUENTLY with soap and water** or use an alcohol-based hand sanitizer/rub.
- Teach children not to share personal items like drinks, food, or eating utensils.
- Cover your nose and mouth with a tissue when coughing or sneezing, and properly dispose of used tissues.
- Stay home if you are sick, especially during the first days of illness when symptoms are more severe and the infection is most contagious. Return to work or school only after symptoms have improved and after you have been without fever for 24 hours without using fever-reducing medications.
- Try to avoid close contact with people who are sick.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu. Viruses lurk in places you wouldn't think. Everyone is vulnerable to picking up viruses.
- Eat healthy food (fruits and vegetables) and drink plenty of fluids.
- Make sure your vaccinations are up-to-date.
- Take flu antiviral medications if your doctor prescribes them.

By working together, we can help reduce the transmission of the flu and other infectious illnesses in schools and communities. For more information, please contact the GCCS nurse at 706-598-2121 or your healthcare provider.

Here is a guide to follow when deciding if your child can come to school.

## I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Temperature of 100.0 or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Itchy head, active head lice	Redness, itching, and/or "crusty" drainage from eye	Hospital stay and/or ER Visit

## I AM READY TO GO BACK TO SCHOOL WHEN I AM....

Fever free for 24 hours without the use of fever reducing medication. i.e. Tylenol/ Motrin	Free from vomiting for at least 2 solid meals.	Free from diarrhea for at least 24 hours.	Free from rash, itching, or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home and proof is provided to nurse.	Evaluated by my doctor and have note to return to school.	Released by my medical provider to return to school.
--	--	---	--	---	---	--