



Oriskany Central School District

1313 Utica Street
Oriskany, NY 13424
315-768-2058

Flu season is officially here!!

Here are some ways to help prevent getting the flu:

Get the flu shot, It is recommended for ages 6 months and older

If you have an existing medical condition such as asthma or diabetes (or other type of medical condition) getting the flu shot might help lessen your symptoms if you or your child ever did become sick.

Get plenty of sleep,

Wash your hands with warm water and soap, regularly and well. Say the entire alphabet while you are washing, about 20 seconds. When finished with the alphabet, you are finished washing.

Cough/sneeze into your elbow or into tissues. Do not use your hands. Throw your used tissues out and wash your hands.

Avoid touching your eyes, nose and mouth.

If possible, limit contact with those around you who are sick.

If your child does become sick:

Please stay home if you are sick!! Please don't share your germs.

Make sure you contact the school nurse the morning of your child's illness, stating that you are keeping your child home due to illness before 8am.

Please let the school nurse know if your child has been diagnosed with the flu (and what type) by their medical provider.

If your child has a temperature above 100.4, please keep your child home. Your child has to be fever free for 24 hours WITHOUT the use of medications to return to school.

If your child is out sick for 3 or more days, please obtain a doctor's note for him/her to return to school.

Have your child get plenty of REST and drink plenty of FLUIDS. Clear liquids are preferred: chicken broth, ginger ale, water to name a few. They are not as harsh on your stomach and a bit more tolerable for digestion

If your child has an existing medical condition such as asthma, diabetes, or other medical condition, contact their medical provider. Their medical provider might direct you to a more beneficial type of treatment or a visit to their office for an evaluation.

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If your child's physician places your child on medication and they are to receive it during school hours, the child's parent/guardian MUST bring in the medication, signed physician orders with the following information: child's name, medication name, medication time to be taken, medication route and medication dose. Please do not have your child deliver this information/medication to the nurse.

The parent/guardian MUST sign the above doctor's order giving consent allowing the school medical person to administer your child's medication.

Please do not send your child into school with cough drops or other cold/flu/allergy/pain medication. If they have a cough, please provide them candy to suck on throughout the day.

If cough drops or any other medication are discovered without a doctor's order, the medication will be removed from the child, locked in the nurse's office, school administration and the parent/guardian will be contacted.

Stay healthy!!!!

Thank you for your time and understanding,

Maryruth Stopera, BA, RN