

SCHOOL NURSE NEWSLETTER

It's flu season!

**JANUARY
2025**

Know when and where to seek treatment

Okay to wait:

- Consider waiting until the next morning to see a doctor when your child is:
 - urinating normally, even if they have a fever
 - playful, eating well and interactive

Call a doctor:

- You should call a doctor when your child:
 - is lethargic
 - has a fever for more than three days
 - will not take liquids or does not urinate at least every 8 hours

Go to the ER

- You should go to the emergency room when your child:
 - has shortness of breath (if severe difficulty breathing, call 911)
 - is not alert (if unresponsive, call 911)
 - Has dry lips, sunken eyes or decreased urine

NURSE SPOTLIGHT

Hi! I am Amanda Ponce, LVN, the nurse at Legacy Elementary. I have been a pediatric nurse for 22 years. This is my 14th year with Godley ISD and 3rd here at Legacy! My husband Joe and I have three children: Lucas, a freshman in college; Katie, a sophomore at Godley High School; and Macie, a kindergartner here at Legacy. When not at school, I love to travel with my family. While we have visited and love all different kinds of places, our favorite place to visit is Walt Disney World! A quick peek into my office will definitely show as much! I absolutely love being a school nurse! The best part is the relationships I have built over the years with all of the students and their families. It's a nursing job like no other and I am grateful that I have been able to do it for this long and I look forward to many more years.



FIGHT THE FLU!

The best defense: GET YOUR FLU SHOT!

THE 3 C'S **COVER**

Cover your cough and sneeze

CLEAN

Frequently wash your hands with soap and warm water for at least 15 seconds

CONTAIN

Contain your germs by staying home if you are sick

IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

