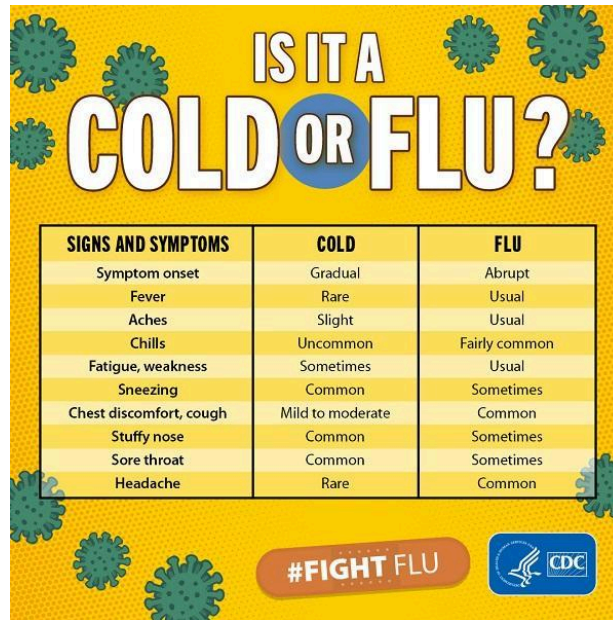


FLU SEASON 2025



The Flu Season will soon be upon us! Now is the time to start thinking about getting your yearly Flu vaccine. The AMA association recommends getting the vaccine no earlier than the end of September and into October, so that the body has time to generate a full immune response before the Flu season is in full swing starting the end of October and going into the fall/winter months.

The Flu makes your child feel miserable. Flu symptoms come on very fast with body aches, weakness and a fever.

Things to remember:

- Give a child fever-reducing medicine primarily for discomfort, not just the temperature number. Treat the child's overall well-being.
- Encourage fluids, since dehydration can happen quickly.
- Contact your child's doctor when fevers last more than 72 hours and fever-reducing medications are not effective in keeping the temperature down; or child is in severe discomfort, or lethargic.

When to Keep Your Child Home:

- Your child tells you they are not feeling well, and when you take their temp, and it is trending above their normal temp . . . keep them home.
- They were up during the night vomiting, coughing, congested, fever, diarrhea . . . keep them home.
- They need to be symptom free for 24-hrs. with no medication on board before returning to school.
- Remember: Do Not Medicate prior to sending a sick child to school . . . because I will be calling you to come to pick up your child once the medication wears off.

You can always call me if you have questions as to whether or not you should send your child to school.

Nurse Wendy

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