

# Flu Season Reminders

Cold and flu season is upon us. According to the CDC, we are in the peak of the flu season and still have about 8 weeks to go! Below we have listed a few of our school exclusion guidelines as well as some preventative tips. Please adhere to these guidelines and make note of the suggested habits. Let's work together to keep our school community and our homes as healthy as possible.

1. **Fever-** 100 degrees Fahrenheit or higher, the student will be sent home and should remain home 24 hours fever-free without fever reducing medications.
2. **Diarrhea-** occurrence of more than one episode at school and/or additional symptoms. The student can return to school after 24 hours symptom-free.
3. **Vomiting-** occurrence of more than one episode of vomiting and associated with other symptoms. May return to school after 24 hours symptom-free. Every attempt will be made to distinguish between regurgitating food and vomiting due to illness.
4. **Runny Nose-** Students who cannot control their secretions should remain home until symptoms improve.
5. **Coughing-** Excessive coughing contributing to the inability of the student to participate in class work or is disruptive to other students.
6. If symptoms worsen or persist, see your healthcare provider to be evaluated. The flu can be serious for children causing them to miss school, activities or even be hospitalized.

## **Helpful Tips for Staying Healthy:**

1. Frequent hand washing is the **BEST** way to prevent and combat the spread of germs. Wash hands often with soap and water.
2. Avoid touching eyes, nose and mouth.
3. If your child has signs and symptoms of contagious illness, please keep them home.
4. Cover coughs and sneezes with a disposable tissue or use an elbow or arm if no tissue is available.
5. Do not share drinks, food, or unwashed utensils.
6. Get plenty of rest, eat healthy foods, and drink lots water or healthy drinks.
7. Avoid people who are sick and stay home when you are sick.
8. Disinfect surfaces that are prone to germs (ex. phones, keyboards, door knobs, toothbrushes).

**NOTE: It is NOT too late to get the flu vaccine, if desired. Please consult with your child's physician.**

Please inform the school of any contagious illness. If you have any questions or concerns, do not hesitate to contact your School Nurse.