



Newsletter

We are in the full swing of the school year and unfortunately cold and flu season are fast approaching. In an effort to be proactive I would like to share with you preventative measures to avoid getting the flu and to minimize the spread of the flu in our schools.

The CDC recommends the following actions as a line of defense to fight the flu:

- Get a flu shot
- Practice good health habits
 - ✓ Wash hands with soap and warm water for at least 20 seconds
 - ✓ Covering your mouth and nose with a tissue or your elbow when sneezing or coughing
- Get plenty of rest
- Eat healthy foods and drink lots of healthy liquids (avoid sodas as much as possible)
- Clean and disinfect surfaces that could be contaminated

Both the common cold and the flu are respiratory illnesses caused by different viruses. The CDC offers these ways to help tell the difference:

Flu Symptoms

Sudden onset of illness
High fever
Extreme fatigue
Dry cough
Headache
Achy muscles
Chills

Cold Symptoms

Slow onset of illness
Low or no fever
Mild fatigue
Severe cough and runny or stuffy nose
No headache
No achy muscles
No chills

A few friendly reminders:

Please do NOT send your child to school if he/she has or has had:

- A fever more than 100 degrees within the last 24 hours. Must be fever free without medication for 24 hours
- Vomiting or diarrhea within the last 24 hours
- Continuous coughing, not relieved with cough medicine

The goal of keeping our schools healthy involves all of us!