



From Your School Nurse about the flu:

Steele Elementary is working very hard, and has taken extra precautions, to keep our students - and YOU -- healthy during this flu season. Please know that we are sensitive to parents missing work to care for an ill child; however, we need your help!

Students with the flu usually miss 3-5 days of school. The CDC and local health department recommend that students who have a fever (temperature over 100 degrees) should **STAY HOME** until 24 hours **AFTER** the fever is gone **WITHOUT** the use of a fever-reducing medicine (e.g., Tylenol or Motrin). If students come back to school too soon, they are still contagious, can have a relapse, and be out of school even longer. Remember: A child with a fever that is brought down by medicine is still ill.



CAUTION: CHILDREN SHOULD NOT BE GIVEN ASPIRIN BECAUSE OF THE RISK OF REYE'S SYNDROME!

It is very important for you to:

- Have a plan for your children if they need to be home due to illness.
- Keep your phone numbers and contact information up to date with the front office. Ill children need to be picked up as soon as possible, and only persons on your contact list may do so.
- Remember that being ill at home means staying away from day care, church and other public activities such as going to the store, riding a bus, etc...
- Call your doctor before making a visit to the clinic, urgent care or emergency room. The wait the emergency room can be hours. Most healthy people get better without medical care.
- Seek medical attention if you or your child are in one of the high risk groups:
 - Children under 5 years old -- especially children under 2 years; adults older than 65 years; pregnant women; anyone who has an underlying health condition such as asthma, cancer, lung disease, weak immune system.
- Know the emergency warning signs in children that require immediate medical attention:
 - Fast breathing or trouble breathing; bluish skin color; not drinking enough fluids (no urination); not waking up; being so irritable the child does not want to be held; flu-like symptoms that improve but then return with fever and worse cough; fever with a rash

Thank you for your cooperation in keeping ALL OF US healthy.

Virginia Herndon, RN