



From Your School Nurse about the Flu:

Flu season is here. Get your flu vaccine now. An annual immunization is the first and most important step in protecting yourself against this serious disease.

To help keep our students and YOU healthy during this flu season, we need your help! A person with the flu can be contagious from 24 hours before to 5-7 days after the onset of symptoms. 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). Returning to school too soon may slow recovery and make others sick.

Check with the front office to ensure we have up-to-date phone numbers for parents and emergency contacts. Thanks!

The flu usually starts suddenly and may include the following **SYMPTOMS**:

- Fever (usually high)
- Headache
- Tiredness (can be extreme)
- Cough
- Sore throat
- Body aches
- Diarrhea and vomiting (occasionally in children)

Having these symptoms does not always mean that you have flu. Many different illnesses, including the common cold can have similar symptoms. Those most at risk for developing flu-related complications are children under 2, the elderly, pregnant women, or people with chronic respiratory disease or who have weakened immune systems.

FLU PREVENTION:

- Get your flu vaccine. To locate a flu clinic visit: www.elpasocountyhealth.org or www.flu.gov/prevention-vaccination/vaccination. For those who are uninsured or have Medicaid, flu shots are available by appointment at El Paso County Public Health's Immunization Clinic – 578-3199. For additional resources, call Pikes Peak United Way's information and referral hotline at 2-1-1.
- Stay home if you are sick.
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.
- Wash your hands frequently (with soap and water for at least 20 seconds).
- Avoid touching your eyes, nose and mouth. Germs spread this way.

FLU TREATMENT:

- If diagnosed with the flu, **stay home**, and follow your health care provider's recommendations.
- Most healthy people need bed rest and plenty of fluids and generally get better without medical care.
- Those at high risk for flu complications may be prescribed an anti-viral medication.
- Consult with your health care provider or pharmacist if medications are needed for symptom relief.
- **CAUTION: CHILDREN SHOULD NOT BE GIVEN ASPIRIN BECAUSE OF THE RISK OF REYE'S SYNDROME!**
- 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 help in keeping ALL OF US healthy!

Marge Reynolds, RN