

NURSE NOTES: 1/22/18

FLU:

During this season, I would like to mention a few points in regard to the flu. The New Jersey Flu season goes till the end of March. As always the best way to prevent the flu is to get the flu vaccine. However, people can still get a weaker strain even with having had the vaccine, but less severe symptoms. The following are signs and symptoms to look for:

- Chills, and high fever over 101
- Cough
- Sore throat
- Muscle and body aches
- Headaches
- Fatigue
- Vomiting and diarrhea are more common in children.

If your child becomes ill with the flu I would like to be informed so I can track how many cases we have in our school community. In addition I share that with the County Health Dept.

Most important is that when your child is ill that they stay home so they can re-cooperate and not spread the virus to others. The flu virus can be spread by coughing, sneezing, and simply talking.

Good **hand washing** is our number one defense, using tissues, and coughing into ones arm are measures we should use for prevention.

While ill temperature control and rest is very important, do not send children back to school too soon. Temperature, even when low grade allows the virus to be spread.

Our Maintenance Dept. is cleaning doorknobs and desk tops daily in the classrooms. In addition I have been going into the classrooms to speak to the children about good handwashing and ways to prevent cross contamination.

Gastroenteritis:

Stomach virus must be cared for by gradually introducing foods. Many times parents are anxious to see their children begin to eat normally and feed too soon. Don't rush the solids, but make sure they do take in fluids!! Gatorade, tea, broths, sprite, even ice pops are good sources of replacing fluids and electrolytes. As mentioned previously, good **hand washing** is important!!! I have seen students return to school the following day after being sent home due to vomiting, and this is not acceptable. Our school policy is that they need to be home the following 24 hours. In addition, they must be fever free without the use of Tylenol or Motrin. Let the student be stable for a day before returning to the school environment. This is vital in preventing cross contamination to the other students.

I would like to mention that when your children are out sick and you are concerned, please call me or send me an email to keep me informed.

Thank you

Dotty Picazio R.N.

