

## Helpful information from the CHS nurse😊

**Cold and Flu season is quickly approaching and I have already seen lots of students in my office....here are some helpful hints and suggestions for preventing illness and also the spread of illnesses!**

### **Please keep your student home if he or she:**

- Has a fever of 100.4 degrees or higher
- Has vomiting or diarrhea
- Has "heavy" nasal congestion or a deep hacking cough with or without a fever.

### **Also if they have symptoms that prevent them from participating in school, such as:**

- Excessive tiredness or lack of appetite
- Respiratory difficulty, and or drainage coming from nose
- Major headaches, body aches, ear aches
- Sore throat

*A minor sore throat is usually not a problem, but a severe sore throat could be strep throat even if there is no fever. Other symptoms of strep throat are headache, stomach ache in combination with a sore throat. Contact your primary care physician to schedule an in office test to determine if it is strep throat.*

### **Keep your child home until his or her fever is gone for 24 hours without medication.**

Illnesses can be contagious for at least 48 hours. Returning to school too soon may slow the recovery process and expose others unnecessarily to illness.

**The flu can be serious! As I am sure you have read in the papers and seen on the news! Call your primary care physician at the first sign of flu symptoms, which typically come on suddenly and include:**

- High fever
- Chills
- Headache, body aches, ear ache
- Nausea, vomiting
- Dry cough
- Wheezing, crackling, or respiratory difficulty
- Rash or blistering on skin

If you're unsure about the best way to treat your child's symptoms, ask your school nurse, primary care doctor, pharmacist, or other healthcare provider.

#### **How to help your students feel better:**

- Encourage fluids; like water, gatorade, soup, juice, and ice
- Consider using a humidifier in the house
- Make sure your student is getting plenty of sleep and rest
- Encourage healthy meals
- After you are sure your student is not contagious...treat symptoms before students come to school

#### **How can parents help prevent students from getting a cold?**

- Teach your student to cover or catch their coughs and sneezes into a tissue or their sleeve; encourage them to not share food and drink with friends who are ill.
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- Schedule an annual well-child exam to follow changes in your student's health.
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- Keep all of your student's immunizations up-to-date.
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- Serve a balanced diet with lots of fruits and vegetables. Giving a daily vitamin may be recommended by your PCP.

- After your student is feeling better, clean all surfaces with a disinfectant; wash the bedding and air out the room.
- Keep surfaces like door knobs, phones, remote controls, toys, and keyboards clean.
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- Always make sure to consult your school nurse or doctor if you have any questions.

Please feel free to contact me with any questions or concerns!

Office phone number is (928) 773-8202

Thanks

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CHS nurse