

## Saint James School Note from the School Nurse

**Cold and Flu season is upon us.** Here are a few Flu facts:

**F:** Fever **A:** Aches **C:** Cough & Chills **T:** Tiredness & Fatigue **S:** Sudden Onset

Flu is short for ***Influenza*** which is a respiratory illness.

**Influenza Like Illness** is a term used to describe symptoms which might be flu: **fever with cough and/or sore throat.** If your child develops these symptoms while at school, they will be dismissed. **Please provide a quick pick up and take your child straight home.** Your child's primary care provider can then be called for advice. If your child is diagnosed with the Flu, please notify the school. Also, with a Flu diagnosis, your child's doctor might be able to prescribe medication to lessen the symptoms and risks associated with the Flu. The same medication can be prescribed to family members to prevent the Flu per your doctor's advice.

*It is important to keep sick children at home for many reasons. . . mostly to prevent the spread of infection and to allow them to rest and recover. For Flu and any contagious illness, children should not return to school until the fever (over 100.0 degrees) has been gone for 24 hours **without** the use of Tylenol or Ibuprofen. Your child should be eating and taking fluids adequately. Your child also needs to be well rested and able to get through the school day. The Flu recovery can take up to 7 days or more. **It is not too late to get a Flu shot!***

A few more friendly reminders:

**Do not bring sick children to school or to school sponsored events. If they are too ill or too contagious to be in school, they should NOT be entering the school building for ANY reason.**

**Please provide a doctor's note if your child is absent for 3 or more days. Notes can be faxed to 860-649-6462.**