

## Notes from the Nurse: December, 2019

*Flu season is upon us!* If you and your children haven't gotten the flu vaccine yet, it's not too late! Flu is very contagious and once a person is infected, they are contagious for approximately 5 days after the flu illness begins. It's important to **keep sick kids home until they are fever and symptom-free for a full 24 hours without the aid of medications.**

The **VERY BEST** way to help prevent the spread of Flu is

### **FREQUENT HAND WASHING!**

Common symptoms of Flu

Sudden onset of symptoms    headache    fatigue and weakness

fever and chills    chest discomfort and cough    body aches    sore throat

If you or your child experiences these symptoms, see your doctor and ask to be tested for the flu.

*The cold, snowy weather* is upon us and our students go outdoors most days for recess.

Please send your children to school dressed in warm clothing, including coats, hats, gloves or mittens and even boots.

*Many classrooms* will be having winter celebrations. Please remember that we have many students with various food allergies/sensitivities. Feel free to ask your child's teacher or the School Nurse what foods may or may not be appropriate to share. If a food that is not appropriate for all students in the class is brought in, it will not be served to the class.

This can be distressing to the student who brought the snack, so please check with the Teacher or School Nurse.

*With cold dry air* comes red chapped lips. Consider purchasing a lip balm for your child to keep in their backpack, for use at school.

*Please do not send cough drops to school* with your child...They are considered medication and require a doctor's order to be given in school and an adult to deliver them to the School Nurse.

*All students in 3<sup>rd</sup> and 5<sup>th</sup> grades are required* to have a physical exam. If your child has not had one yet, please contact your child's doctor and schedule it now and let me know the date of the appointment. If documentation of a physical exam is not submitted to the School Nurse, your child will be scheduled for one at school with the school's examiner in the near future.