



*Dear Parents,*

*As we approach February we are seeing our usual colds, winter allergies, and other illnesses that are common for this time of the year. We are seeing a few students who have tested positive for influenza "flu", as this is the prime time for the flu to surface. As the flu is so easily spread, I feel it is important to remind you of the symptoms to be on the lookout for in your child.*

*These symptoms include fever, runny or stuffy nose, cough, sore throat, body aches, headaches, chills, and fatigue. Some individuals may also experience vomiting and diarrhea. These symptoms often vary from mild to severe, which a lot of the time depends on how compromised the immune system may already be, and not everyone has all of these symptoms. To confirm the flu a nasal swab is obtained at your doctor's office. Individuals are contagious from one day prior to feeling any of these symptoms, to 5-7 days after. With that being said, we encourage you to please keep your child home to rest and allow the healing process to begin, and to get them checked out by their provider if symptoms persist. Your child may return to school after their temperature is less than 100 degrees for 24 hours.*

*Influenza is not to be confused with the "stomach bug" that surfaced before Christmas, and that we are seeing once again in a few of our students. The true flu presents with symptoms as mentioned above, but it is easily confused with gastroenteritis, which is commonly referred to as the "stomach flu".*

*We have been reminding our students about the importance of washing their hands and other measures such as covering coughs and sneezes, to decrease the transmission to others. We will continue to clean, disinfect, and sanitize thoroughly to lower the risk of the flu from spreading. Practicing healthy habits all year long is the best way to keep illnesses to a minimum.*

*Please do not hesitate to call or stop in to visit with me, if you have any questions or concerns. My door is always open!*

*Take Care,*

*Susan Sondeno, RN, BSN*

*School Nurse*

