

November 2018

Dear El Rincon Community,

The Flu season is officially upon us, and in an effort to prevent you or your family member from becoming ill, I would like to provide you with some important information.

The Flu is very contagious and can spread from person to person by breathing in the droplets in a cough, sneeze or runny nose that contain the Flu virus. People with the Flu may be able to infect others by shedding the virus from one day before getting sick and up to seven days after symptoms begin.

Signs and Symptoms of the Flu may include:

The flu comes on quickly. Most people with the flu feel very tired and may have a high fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, vomiting or diarrhea. If you suspect you or a family member is sick, contact your doctor for further evaluation as soon as possible. Distinguishing the Common Cold from the Flu can be difficult at times, please see the symptom chart -> from the Center for Disease Control and Prevention (CDC).

| Signs and Symptoms | Influenza | Cold |
|-------------------------|---------------|------------------|
| Symptom onset | Abrupt | Gradual |
| Fever | Usual | Rare |
| Aches | Usual | Slight |
| Chills | Fairly common | Uncommon |
| Fatigue, weakness | Usual | Sometimes |
| Sneezing | Sometimes | Common |
| Stuffy nose | Sometimes | Common |
| Sore throat | Sometimes | Common |
| Chest discomfort, cough | Common | Mild to moderate |
| Headache | Common | Rare |

Prevention

- The CDC recommends vaccination for everyone 6 months and older.
- Hand wash with soap and water or alcohol based hand sanitizers, especially before meals.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw tissue in trash and wash hands for at least 20 seconds and thoroughly dry your hands.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters and toys for children. Use household disinfectants according to directions.

When can my child return to school after having the flu?

Keep your child home for at least 24 hours after the fever is gone, and 24 hours after vomiting and/or diarrhea subsides.

Treatment

The flu can be treated with antiviral drugs. Acetaminophen (Tylenol) or ibuprofen may be taken to reduce fever and increase comfort. Avoid products containing Aspirin. People with the flu need plenty of rest and fluids.

Your child's medical information is kept confidential, so please call the Health Office if your child has been diagnosed with the flu/influenza or if you have any questions. For further Information please visit <https://www.cdc.gov/flu/resource-center/freeresources/print/print-family.htm>

Sincerely,
Jessica Parel, RN
School Nurse