

## **NEWS FROM THE NURSE 1/10/19**

**Parents:** It is not too late to vaccinate against the flu. The “flu” has arrived in New Jersey and Saint Elizabeth School. We have several cases of documented flu (type A). It is recommended by the CDC that everyone six months of age and older receive the flu vaccine annually. Flu vaccine can reduce flu illness, and missed school due to flu. Also, there is data to suggest that even if someone gets sick after vaccination, their illness may be milder.

**Take everyday preventive actions to stop the spread of germs.**

**Try to avoid close contact with sick people.**

While sick, limit contact with others.

Cover your nose and mouth with a tissue when you cough or sneeze.

Wash your hands with soap and water frequently.

If you are sick with flu-like symptoms, stay at home for at least 24 hours after your fever is gone. Students at Saint Elizabeth School may not come back to school until they are fever free for 24 hours without the use of fever-reducing medicine.

Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, chills and fatigue. Vomiting and diarrhea may occur especially in children.

Please report flu illness when you are calling in your child’s absence.