

~Donations Needed~

The nurse's office is in need of gently used pants for those unexpected clothing emergencies. Sizes 6 through 12 would be helpful. Leggings and sweatpants are more versatile and fit a wider range of students. Thanks you for your help!



COLD AND FLU SEASON

Cold and flu season generally lasts from mid-November through March. During these months, most people experience some of the discomforts associated with these illnesses. Unlike bacterial infections, virus infections do not respond to antibiotic treatment and therefore must run their course. Viruses are easily transmitted from person to person and are the cause of colds and influenza. It is difficult at times to differentiate between symptoms of the flu virus and a cold; the following information may be helpful:



Signs/Symptoms	FLU	COLD
Onset	Sudden	Gradual
Fever	High > 101 F Lasts 3-4 days	Rare
Cough	Nonproductive; May be severe	Dry, hacking
Headache	Prominent	Rare
Muscle Aches	Characteristic; May be severe	Slight
Fatigue/Weakness	Can last 2 – 3 weeks	Very Mild
Extreme Exhaustion	Early and Prominent	Rarely
Chest Discomfort	Common	Mild to Moderate
Stuffy Nose	Sometimes	Very Common
Sore Throat	Sometimes	Very Common

PREVENTION: Wash your hands frequently. Covering your mouth while coughing and sneezing will prevent spreading airborne germs. Keep your immune system strong by eating a well-balanced diet, drinking plenty of fluids, and getting adequate rest. And of course flu shots are highly recommended for everyone.

TREATMENT: Rest, drink a lot of fluids, take pain relievers as necessary, and use disinfectant sprays/cleaners on faucets, handles, doorknobs, etc. The goal is to kill remaining live viruses to prevent re-infection and transmitting disease to others.

YOUR CHILD SHOULD STAY HOME FROM SCHOOL when he/she has a fever >100° F or when experiencing a sore throat, nausea, rash, or listlessness. Repeated episodes of vomiting and/or diarrhea may lead to dehydration and generalized weakness, and this also is a justifiable reason for a child to rest at home while recuperating.

FLU SHOTS: A big thanks to those who participated in the school flu vaccination clinic in October. Flu vaccines were administered to 21% of our students that day, and I received reports that many others have been vaccinated by their doctor. Prospect is well on the way to being protected from the flu!

Nurse Meyer, RN, NCSN