



NURSE'S NOTES

During this time of the year when flu season begins please follow these reminders:

1. If your child has fever (100 degrees or above) please keep him/her at home.
2. After taking your child to the doctor please report to Nurse Brandi (brandi.chustz@parkviewbaptist.com) if flu was diagnosed with a positive flu test.
3. No one should return to school until being fever free for 24 hours without Tylenol or other fever reducing medications.
4. Vomiting/diarrhea are symptoms of many illnesses. Please keep your child home if he/she exhibits these symptoms.
5. Coughing/sneezing spread germs so please encourage everyone to cough/sneeze in the bend of your arm or a tissue.
6. **Hand washing is critical in disease prevention. Please reinforce this at home as we do at school.**

Flu

Influenza is also called the flu. It's an infection that causes [fever](#), chills, cough, body aches, [headaches](#), and sometimes [earaches](#) or [sinus problems](#). The flu is caused by the influenza [virus](#). A virus is a microorganism, which means it's so small that you can't see it without a strong microscope.

For most people, the flu is a drag, but it goes away in a week or two. But for some people, the flu can make them very sick. Those groups include:

- Babies and toddlers under age 2
- People older than 65
- Adults and kids who have health problems, such as diabetes and asthma

Anyone who's at risk of getting really sick **needs** to get a flu shot, or vaccine. People such as doctors and nurses also need the shot because they take care of sick people.

Healthy kids and adults don't need it as much. They sometimes get a flu shot, just to be on the safe side.

Flu vaccines are usually given in the fall, before flu season starts. Flu season means the months of the year when a lot of people have the flu and it's easy to catch it. It starts in November and usually ends in April.

Getting the Flu Vaccine

If you get the [flu vaccine](#), there is a nasal mist or a [shot](#). It will protect you from getting a bad case of the flu. You either won't get the flu at all, or if you do get it, you will have only mild symptoms and you should get better pretty quickly.

Whichever one you get, you need to get a new vaccine every year. Why? Because the flu virus changes every year and the vaccine is specially created to fight the viruses that are going to be a problem that year.

How Does the Flu Spread?

This virus gets around in little drops that spray out of an infected person's mouth and nose when he or she [sneezes](#), coughs, or even laughs. You can catch the flu from someone who has the flu if you breathe in some of those tiny flu-infected drops. You can also catch the flu if those drops get on your hands and you touch your mouth or nose. No wonder people are always saying to cover your mouth when you sneeze!

What If You Get the Flu?

But even if you steer clear of sneezers, and you wash your hands regularly, you still might get the flu. At the doctor's office, the doctor will ask you how you've been feeling and examine you. He or she might use a long cotton swab to get a sample of the gunk in your nose or throat. Testing this sample in a lab can determine, for sure, that you have the flu. But usually this isn't necessary. Based on your symptoms, your doctor can usually tell if you have the flu, especially during times when a lot of flu is going around your town.

Once your doctor says you have the flu, you can start taking steps to feel better.

- Rest in bed or on the couch.
- Drink lots of liquids, like water, chicken broth, and other fluids.
- Take medicine, such as pain relievers, that your parents give you to ease your fever, aches, and pains.
- Tell your mom or dad if you have trouble breathing, your muscles really hurt, or if you feel confused. These are signs you may need to see the doctor again.

Most of the time, you'll feel better in a week or two. Until then, you'll have to stay home from school and take it easy. We hope you're flu-free this year, but if you **do** get the flu, now you know what to do! **Please remember you must be fever free for 24 hours without Tylenol before returning to school.**

Washing one's hands properly is one of the most effective ways to prevent the spread of illnesses. Young children in particular need constant reminders about hand washing, which is especially important after sneezing, nose-blowing, using the bathroom, and before eating.

School-age children are in close contact throughout the school day, are more likely to share school materials, and frequently touch their faces. And since germs from sneezes and cough droplets can survive on surfaces for up to eight hours, teaching kids proper hand washing is very important. Here's a step-by-step guide to teaching correct hand washing:

Here's How:

1. Tell them to first turn on the tap until the water is warm but not too hot.
2. Show them how to rub their hands together to get a nice, soapy lather.
3. Remind them to wash their palms, the back of their hands, their fingers and under their nails.
4. Demonstrate how long they should wash their hands (either by having them sing "Happy Birthday" or by counting up to 15 to 20 "Mississippi's").
5. Have them dry their hands on a paper towel (or if they are at home, on a clean hand towel).
6. If they are at school or in a public bathroom, have them get into the habit of turning off the faucet with the paper towel when they are done.
7. When exiting a public or school restroom, teach your children to use the same paper towel on the handle of the bathroom door to open it and to throw out the paper towel after exiting.