



Flu Season

With the flu season upon us, it is important that we work together to keep our children healthy. Since the flu can be very contagious and is a potentially serious illness, here are some recommendations to help prevent the spread of the flu:

- Keep sick children home, especially if they have a fever above 100.4° F, diarrhea, vomiting, or a severe cough.

FLU vs. COMMON COLD

	FLU	COMMON COLD
How it begins	Sudden	Gradual
Cough	Severe	Mild to moderate
Muscles	Achy	None to mild aches
Stuffy, runny nose	Sometimes	Common
Tiredness	Severe	Mild
Fever	None to high grade	None to low grade
Complications	Bronchitis/Pneumonia	Earache/Sinus infection

- Your student may return to school when they have been **without a fever for at least 24 hours without taking anti-fever medications.**
- Remind your student to cover their coughs and sneezes with a tissue or their elbow to avoid spreading the flu germs. If you cough or sneeze into your hands, you risk spreading disease when you touch surfaces that others come in contact with.
- Encourage your student to **wash their hands frequently** during the day, especially after using the bathroom, before eating and after accidentally coughing or sneezing into their hands. Washing with soap and warm, running water for 20 to 30 seconds is one of the best ways of avoiding respiratory illnesses. If soap and water are not available, your student should use alcohol based hand sanitizer.
- Make sure vaccinations are up to date. Annual flu vaccinations are the best way to protect you and your family from the flu. Annual flu vaccination is recommended for everyone 6 months and older. More information about the flu and flu vaccination is available on the following websites:
 - CPH Flu page: <https://www.clark.wa.gov/public-health/flu>
 - CDC Flu page: <http://www.cdc.gov/flu/index.htm>

If you have any questions, please contact your healthcare provider or school nurse.