



From the Nurse's Desk: Mrs. Riley

******Please report FLU or COVID Diagnosis when you report your child's absence These case numbers are reportable to the health department**

"Sick Day Guidelines: Making the Right Call When Your Child is Sick"

Should I keep my child home or send him or her to school?

Keep your child home if he or she (in the last 24 hours)

- Has a fever of 100.0 degrees or higher;
- Has been vomiting;
- Has symptoms that prevent him or her from participating in school, such as:
 - Excessive tiredness or lack of appetite
 - Coughing
 - Headache, body aches, earache
 - Sore throat
 - Diarrhea

A minor sore throat is usually not a problem, but a severe sore throat could be strep throat even if there is no fever. Other symptoms of strep throat in children are headache and stomach upset. Contact your pediatrician as your child needs a special test to determine if it is strep throat.

Keep your child home until all symptoms have been gone for 24 hours without medication.

Colds can be contagious for at least 48 hours. Returning to school too soon may slow the recovery process and expose others unnecessarily to illness.

Does my child have the flu?

- Flu symptoms typically come on suddenly, including:
 - High fever
 - Chills
 - Headache, body aches, earache – Nausea, vomiting
 - Dry cough

If you're unsure about the best way to treat your child's cold or flu, ask your doctor, pharmacist, or other healthcare provider.

How do I make my child feel better?

- Make sure your child gets plenty of REST
- Encourage fluids; like water, soup, juice
- Help your child relax by reading him a story and giving her plenty of TLC;
- Consider using a cool humidifier.

How can I prevent my child from getting a cold?

- **8-10 hrs of sleep**
- **Vitamins and supplements**
- **Foods high in vitamin c**
- Teach your child to wash his or her hands frequently using plenty of soap and warm water. Proper hand-washing should take about 20 seconds or the time it takes to sing "Happy Birthday" twice;
- Teach your child to cover coughs and sneezes with their arm or a tissue.

Remember to call your child's absence to the office at 201-569-8381 before 8:15am.

More tips: extra vitamin c, d, zinc and black elderberry syrup during cold and flu season. Questions? You can reach me at 201 569-8381 Ext 3037

