

School Nurses



Care for Kids

Elementary Newsletter

November 2016

Topic: INFLUENZA: "The Flu"

The flu season is upon us. Here are some fast facts to consider.

- Influenza, commonly called "the flu" is a viral disease spread by droplets when a person coughs, sneezes or talks.
- The flu can vary from mild to severe and can be especially dangerous to children, the elderly and individuals with chronic long term health conditions such as asthma, heart disease, diabetes and those with weakened immune systems.
- Prevention is the best plan. Vaccination is recommended for everyone 6 months and older.
- If you or your child do get the flu consult your doctor as needed especially those younger than 2 years old and those with chronic health conditions as they are at higher risk for serious flu-related complications.
- Additional protection measures include: cover your nose and mouth when you cough or sneeze, wash your hands often with soap and water or hand sanitizer, avoid touching your eyes nose and mouth, and clean and disinfect hard surfaces.
- Your child should stay home from school until they are fever free (less than 100.5) for at least 24 hours without the use of a fever reducing medication.

- For more detailed information please check out *The Flu: A Guide for Parents* by the CDC @

<https://www.cdc.gov/flu/pdf/freeresources/updated/flu-guide-for-parents.pdf>

Please feel free to contact any one of the school nurses to discuss your child's health related to the flu or any other questions that you may have.

Topic: Bridging Brighter Smiles Dental Program

New for 2016-17 School Year! Bridging Brighter Smiles will be offering preventative dental care right at school for students PRE-K through 12th grade. On average care is provided two to three times per school year for participating students. Please refer to the RV District Website under "Nursing Services" and then "Dental Health" for more information.