



## Memo from the CES School Nurse

*Sometimes, early in the morning, it is difficult to tell if your child is ill enough to stay home. Generally speaking, if a child has a fever (100.5 or more) or is vomiting during the previous night or that morning, he/she should remain at home. Also if your doctor has prescribed an antibiotic, the student must stay home for 24 hours after starting the medication to be considered non-contagious.*

*If your child will be tardy or absent from school, please call the school (783-9944) between 7 – 8:30 AM, otherwise I must account for the whereabouts and safety of each child by calling parents as soon as attendance is taken. You will be asked to give us specific symptoms (fever, cough, sore throat, body aches, extreme fatigue, vomiting, etc.) in order that we can track illnesses in classrooms. Please call or send me a note or email if your child has seen a doctor and has been diagnosed with something. I welcome you to call me to discuss your child's symptoms or illness trends in his/her classroom.*

### **Know the Difference between Cold and Flu Symptoms**

<b><u>Symptom</u></b>	<b><u>Cold</u></b>	<b><u>Flu</u></b>
<b>Fever</b>	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu.
<b>Coughing</b>	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
<b>Body Aches</b>	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
<b>Stuffy Nose</b>	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
<b>Chills</b>	Chills are uncommon with a cold.	Many people who have the flu experience chills.
<b>Tiredness</b>	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
<b>Sneezing</b>	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
<b>Sudden Symptoms</b>	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, body aches and pains.
<b>Headache</b>	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.
<b>Sore Throat</b>	Sore throat is commonly present with a cold.	Sore throat is sometimes present with the flu.
<b>Chest Discomfort</b>	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

***The only way to stop the spread of an epidemic is to spread awareness.***