

From the Desk of the Morgan County School Nurses



ILLNESS PREVENTION

We are beginning to see some confirmed cases of flu in Morgan County Schools and a recent surge in both strep throat and the stomach flu, keeping the clinic busy with students not feeling well. Our job as school nurses often revolves around helping keep our kids healthy and in school so they can learn. We need your help in illness prevention.

Please follow these illness prevention steps and encourage healthy behaviors with your children:

Please keep your child home if they are experiencing signs and symptoms of illness:

- sore throat,
- fever greater than 100°F
- severe nausea, vomiting, or diarrhea
- chills
- general feelings of discomfort or muscle aches
- lots nasal congestion/cough
- Open sores or rashes.

• If your child gets sick with a fever or flu-like illness, the CDC recommends and the school is asking that your child stay home for **at least 24 hours after the fever is gone**, without the use of fever-reducing medicine, except to seek medical care.

To help prevent the spread of flu and other colds:

- While sick, limit contact with others as much as possible to keep from infecting them.
- Avoid kissing or sharing eating utensils or drinking after someone else.
- Talk to your doctor about a flu shot for your child and family if you have not already.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Cough/Sneeze into your arm if unable to use a tissue. Wash your hands with sanitizer or soap and water.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- Do not attend extracurricular activities until being fever free or after antibiotic treatment for **24 hours**

Please make sure the school has updated phone numbers for emergency contacts and have an immediate plan in place should an ill child need to be picked up from school.