

Cold or Flu ?

It can be hard to tell whether an illness is a cold or the flu. Typical cold symptoms include stuffy nose, sore throat and sneezing; typical flu symptoms include fatigue, fever (usually high), headache, major aches and pains, and coughing. Flu symptoms in general are more severe.

When calling your student off ill-Please include if they have the Flu or have been diagnosed with the Flu and are on Antiviral medication like Tami flu or Relenza. Students with a temperature (anything 100 degrees or higher) indicating a fever should stay home until fever free and not symptomatic. No anti-fever medication should be given prior to coming to school at anytime!

Please review your procedure in caring for your child prior to an illness and make sure the school has an updated number to reach you if they become ill at school. Children with symptoms and /or fever will be isolated to the clinic until a designated person can pick them up.

Feel free to visit our web site at www.molina-esc.org, select nursing services tab for further guidance on the flu.

Also www.flu.gov or www.cdc.gov

Thank you,

Lori Hogue RN

Director of nursing services