

Welcome to the School Nurse Office



Burr It's cold outside!!!!!!

Flu Facts/Information

The flu is a highly contagious viral infection of the respiratory tract. Although the flu affects everyone, children tend to get it more often than adults. The season for the flu is usually from November to April with most cases occurring between late December and early March.

The flu is often confused with the common cold, but the flu symptoms tend to develop quickly (**usually 1 to 4 days after a person is exposed to the flu virus**) and are usually more severe than the typical sneezing and stuffiness of a cold.

Symptoms of the Flu may include:

| | | |
|---------------|--------------------|------------------|
| Fever | Chills | Headache |
| Muscle Aches | Dizziness | Loss of Appetite |
| Tiredness | Cough | Sore Throat |
| Runny Nose | Nausea or vomiting | Weakness |
| Ear infection | Diarrhea | |

Symptoms can last for a week or two. The flu is very contagious. It is spread by coughing or sneezing into the air. Covering your mouth when sneezing and or sneezing into your arm and or sleeve is a good preventive measure and handwashing is the best preventive measure for the fight against germs most importantly the flu. People who are infected with the flu are contagious as long as they show symptoms (**most of the time that means about a week for adults, but for children it can mean up to two weeks at times.**

Ways to prevent the Flu:

- To have the flu shot if your pediatrician feels you should have it
- Wash your hands thoroughly and frequently
- Never pick up used tissues

NEBINGER

- Never share cups and eating utensils
- Stay home from work or school when your sick with the flu
- Cover your mouth and nose with your elbow or a tissue when you cough or sneeze

How Do you treat the flu?

- Stay home from school
- Drink lots of fluids
- Get plenty of sleep and take it easy
- Call your doctor for a fever and or achiness so that he/she can let you know what to take to make your child feel better
- Return to school when your child is better

I hope this information helps you stay healthy and happy for the rest of the school year.

If you have any questions, concerns please call or email me- I check my phone and email messages upon arrival each morning and throughout the day.

Sonja Marie Jackson RN BSN MSN

George W. Nebinger Elementary

Phone 215-400-8110

Fax 215-400-8111

Email: smjackson@philasd.org

