

COLDS and FLU 101 FOR CHILDREN AT SCHOOL

A popular physician witticism--

"The symptoms of the common cold, if treated vigorously, will go away in seven days. If left alone, they will disappear over the course of a week."

HEAD COLD SYMPTOMS include some combination of *sore throat, *runny and/or stuffy nose, *cough, *congested ears, *headache, *dizziness, *swollen glands, *fever and chills.

INFLUENZA SYMPTOMS include some combination of *sore throat, *nasal congestion (sometimes), *muscle aches (sometimes very uncomfortable), *dry cough, *headache, *dizziness, *fatigue, *fever and *chills.

STOMACH FLU SYMPTOMS usually include *nausea, *vomiting, *abdominal cramps, *diarrhea.

As our children begin to recover from any of the above illnesses they are often well enough to go to school but still need some extra support or comfort measures to get through the day. These include things such as extra fluid, cough drops, and/or a decongestant. Send in a water bottle that your student can carry, send in cough drops or decongestant BUT you must fill out an authorization to dispense medications located in all school offices. We also ask that these medications be kept in the school office, not the classroom. This is non negotiable and is for your student's protection as well as ours.

Questions can be addressed to Michelle Barnes, RN, at 429 8000, VM 3211.