

FRIENDLY FLU FACTS FROM NURSE STACY

The first and most important step is to get a flu vaccination each year. It's not too late! Please contact our local health dept at 660-542-3247 for vaccination time and days. If you get sick with the flu, take RX antiviral drugs if your doctor prescribes them. Early tx is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women. Take everyday preventive actions that may slow the spread of germs that cause respiratory illnesses like the flu. Avoid close contact with others. The #1 defense against getting sick is washing your hands, wash, wash, wash with soap and water for 15-20 seconds.

If you or your child gets sick with flu-like illness CDC recommends that (or your child) stay home for 24 hours AFTER the fever is GONE. **At Tina-Avalon** our policy is fever at 100 or greater you stay home 24 hours after being fever free. This goes for daycare as well. If your child is sick and you send them to daycare, they will be sent home with a 100 temperature as well. For the safety and well being of your child, it's very important to follow these rules, to help us keep our children free of life threatening illnesses. We do our part to prevent, protect and educate, it's up to YOU to help us keep our school flu free.

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- 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.
- If you get the flu, antiviral drugs can be used to treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.

- Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a [high risk factor](#) or is very sick from the flu. Follow your doctor's instructions for taking this drug.
- Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

Please take this information seriously, as we educate our children and parents it is the most important step in preventing illness to keep our kids in school so that they can get the best education possible.

YOUR CHILDREN MATTER AT TA! -----Nurse Stacy