

NURSE'S NEWSLETTER

BOO TO THE FLU!

WHAT IS THE FLU?

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and, at times, can lead to hospitalization.

COMMON FLU SYMPTOMS:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)

HOW DOES THE FLU SPREAD?

The flu spreads mainly by droplets made when people with the flu cough, sneeze, or talk. These droplets can land in the mouths or noses of people nearby or be inhaled. It can also spread by touching surfaces where the flu virus has landed.

WHEN IS FLU SEASON?

Flu season usually occurs in the fall and winter. The exact timing and duration of flu seasons varies, but flu activity often begins to increase in October. Most of the time flu activity peaks between December and February, although significant activity can last as late as May.



TODAY'S TOPIC

**THE FLU
(INFLUENZA)**



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DID YOU KNOW?

The state of New Jersey requires children 6-59 months old that are attending preschool to receive the regular seasonal flu vaccine before December 31st each year. (As per N.J.A.C. 8:57-4.19).

BOO TO THE FLU!

WAYS TO PREVENT THE SPREAD OF THE FLU

- **Get Vaccinated:** The best way to protect your child from the flu is by getting them vaccinated. A flu shot is given annually and helps prevent serious illness.
- **Teach your child good hygiene techniques:**
 - Wash hands often with soap and water for at least 20 seconds.
 - Avoid touching their face, especially their mouth, nose, and eyes.
 - Cover their mouth and nose with a tissue or elbow when coughing or sneezing.
- **Stay Home if Sick:** If your child shows flu-like symptoms, please keep them home to rest and recover. They should stay home for at least 24 hours after the fever subsides without the use of fever-reducing medication.
- **Boost Immune Health:** Encourage your child to eat a balanced diet, get enough sleep, and stay physically active to strengthen their immune system.

WHAT TO DO IF YOUR CHILD GETS SICK?

- If your child shows flu symptoms:
- Monitor their symptoms closely
 - Consult with your healthcare provider for guidance on treatment, especially if your child has underlying health conditions.
 - Encourage your child to rest and drink plenty of fluids to avoid dehydration.

To keep everyone safe and healthy:

- We ask that students with a fever stay home until they are fever-free for 24 hours without medication.
- Students symptoms should be improving before they return to school.
- If your child becomes sick at school, we will contact you immediately to pick them up.

