



Because the cold and flu season can be such a widespread problem it is imperative that the following basic guidelines be followed to keep our student/staff population as healthy as possible:

1. Monitor the health of your child and all other household members closely by checking for fever and other flu symptoms every morning. Symptoms of flu usually include fever with cough or sore throat, and sometimes runny nose, body aches, headache, vomiting or diarrhea.
2. Staff /Students with symptoms of the flu should stay home. Keeping sick individuals home is the best way to keep flu from spreading to other students and staff.
3. People with underlying health conditions who have symptoms of the flu should contact their healthcare provider to ask for advice about antiviral medications.
4. Ill individuals should be encouraged to drink plenty of clear fluids to keep from becoming dehydrated. Fluids, fever-reducing medications, rest and careful monitoring are recommended. Contact a healthcare provider and seek medical care immediately if the ill individual is having difficulty breathing or chest pain, has altered mental status or confusion, is vomiting and unable to keep fluids down, or is getting worse.
5. Staff/Students with a temperature of 100.4 degrees or greater may not return to school until he/she has been fever free for 24 hours without the use of fever-reducing medications.
6. Staff/Students who have vomited at home or school may not return to school until he/she has been emesis free for 24 hours.
7. Staff/Students who have diarrhea may not return to school until he/she has been diarrhea free for 24 hours.
8. Frequent hand washing helps prevent the spread of disease. Continue to teach children to cover their cough with their elbow or sleeve, and to avoid touching their face.
9. Have all eligible household members vaccinated for influenza as soon as possible.

Your assistance in keeping our Oakridge Owls as healthy as possible is appreciated.

Kim Campbell–Martinez RN, BSN

The Oakridge School Nurse