

## Note from the Nurse

The weather may not feel like winter some days, but the cold and flu season is in full swing.

Signs of the flu are that it usually starts suddenly and has the following symptoms: fever (usually high), headache, fatigue, dry cough, sore throat, stuff or runny nose, muscle aches, and stomach symptoms such as nausea, vomiting and diarrhea in children (but rare in adults).

Please keep your child home if they have the signs of having the flu. If your child develops a fever, it is suggested that they stay home for 24 hours fever free **without medication** before they return to school.

Suggestions for a healthier winter:

- ***Dress your child appropriately for the winter season.***
- Make sure your child washes his/her hands.
- Teach your child not to touch his/her eyes or nose.
- Eat healthy foods and drink lots of fluids to prevent infections. Keeps your immune system healthy.
- Encourage your child to get enough rest.

### **Reminder for new entrants, PRE-K/K, 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> and 7<sup>th</sup> grade parents:**

If your child has had a physical this school year, send it into the health office as it will count as the required physical for the school year.

**Please keep us up to date with changes in phone numbers (cell numbers, work numbers and emergency contact people).**

Questions? Call me Toni Anne Hirsch, BSN, RN (914) 944-0826