

Dear Parents/Guardians,

Cold and flu season is here. To minimize the spread of infection, please encourage your children to wash hands frequently. Here are some of the illnesses/conditions that are common to see in the school setting this time of year and some general guidelines to follow. The information provided is for informational use. For health care and medical advice, see your physician or health care provider.

COMMON COLD: Irritated throat, watery discharge from the nose and eyes, sneezing, chills and general body discomfort. Your child should remain home if symptoms are serious enough to interfere with your child's ability to learn. Medical care should be obtained if symptoms persist beyond 7-10 days, fever develops, or discharge becomes yellow to green.

FEVER: If your child's temperature is 100 degrees Fahrenheit or greater, (s)he should remain home until (s)he has been without fever for a full 24 hours. Remember fever is a symptom indicating the presence of an illness.

FLU: Abrupt onset of fever, chills, headache and sore muscles. Runny nose, sore throat, and cough are common. Your child should remain home from school until symptoms are gone and the child is without fever for 24 hours.

LICE: Head lice are primarily transmitted through direct head to head contact. Lice do not jump or fly. The most effective point of control of head lice is the household. Parents should routinely check their child's head for lice and remind them not to share hats, combs or brushes with others. If you find that your child has lice, please contact your physician or school nurse for treatment information. Students may return to school once appropriately treated.

PERTUSSIS: Pertussis is a highly contagious disease that is spread through the air by cough. Pertussis begins with cold symptoms and a cough that becomes much worse over 1-2 weeks. Symptoms usually include a long series of coughs ("coughing fits") followed by a whooping noise. However, older children, adults, and very young infants may not develop the whoop. There is generally no fever. People with pertussis may have a series of coughs followed by vomiting, turning blue, or difficulty catching breath. The cough is often worse at night and cough medicines usually do not help alleviate the cough. If your child has a cough that lasts more than 2 weeks or you notice any of the above symptoms, contact your child's health care provider.

STREP THROAT: Strep throat usually begins with fever, sore and red throat, possibly pus spots on the back of the throat, tender swollen glands of the neck. With scarlet fever, there are all the symptoms of strep throat as well as a strawberry appearance to the tongue and rash of the skin. High fever, headache, nausea, and vomiting may also occur. Your child should remain home from school until receiving a full 24 hours of antibiotic therapy and until without fever or vomiting for 24 hours.

VOMITING AND DIARRHEA (INTESTINAL VIRAL INFECTIONS): Stomach ache, cramping, nausea, vomiting and/or diarrhea, possible fever, headache, and body aches. Your child should remain at home until without vomiting, diarrhea or fever for a full 24 hours. If your child has had any of these symptoms during the night, (s)he should not be sent to school the following day.

Thank you,
Kings Schools Nurses