



From the Nurse.....

Recently, there has been an uptick of respiratory illness. Several cases of Influenza have been identified at the school. Please be mindful.....if your child is sick, they should stay home. A healthy school environment requires the cooperation and effort of us all working together.

FLU FACTS/INFORMATION: The flu is a highly contagious viral infection of the respiratory tract. Although the flu affects everyone, children tend to get it more often than adults. The season for the flu is usually from November to April with most cases occurring between late December and early March.

The flu is often confused with the common cold, but flu symptoms tend to develop quickly (usually 1 to 4 days after a person is exposed to the flu virus) and are usually more severe than the typical sneezing and stuffiness of a cold.

Symptoms of the Flu may include:

Fever, Chills, Headache, Muscle aches, Dizziness, Loss of appetite, Runny or stuffy nose, Nausea or vomiting, Weakness, Tiredness, Cough, Sore throat, Ear infection, Diarrhea.

Symptoms can last for a week or two. The flu is very contagious. It is spread by coughing or sneezing into the air. People who are infected with the flu are contagious as long as they show symptoms (most of the time that means about a week for adults, but for children it can mean up to two weeks).

Ways to Prevent The Flu:

- To have the flu shot if your pediatrician feels you should have it.
- Wash your Hands thorough and frequently
- Never pick up used tissues.
- Never share cups and eating utensils.
- **Stay home from work or school when you're sick .**
- Cover your mouth and nose with your elbow or a tissue when you cough or sneeze.

How Do You Treat The Flu?

- **Notify the school nurse if you are sick or have tested positive for the flu**
- Stay home from school
- Drink lots of fluids.
- Get plenty of sleep and take it easy.
- Call your doctor for a fever or achiness so that he/she can let you know what to take to make your child feel better.
- Please utilize the school district's FREE Flu and COVID test. Test sites information can be found on Rawlinson Road Middle School Homepage .

When to return to school?

- The student may return to school when he/she is both fever free (temperature not higher than 100 F) and has not taken Tylenol or Ibuprofen (Motrin) for 24 hours.
- Students that are vomiting or have diarrhea must not have vomiting or diarrhea for 24 hours before returning to school
- Symptoms have significantly improved and student does not require medicine to treat symptoms such as cough or runny nose.
- Send or email the attendance office medical or parent note to have absences excused. Positive Flu and/or Covid medical test results are required in order for attendance to be coded as Flu or COVID to exempt a student from seat time.

Thank you for helping us to keep everyone safe!