

Note From the School Nurse:

We have not had any known cases (reported to the school nurse) of Influenza in our middle school. There has been a lot of attention to influenza in the news however, so I thought a quick reminder of symptoms and treatment might be helpful.

Some typical influenza symptoms are fever, cold symptoms, body aches and exhaustion. This should not be confused with "stomach flu"/nausea and vomiting. Influenza can be treated with Tamiflu if caught early (most providers require treatment within the first 48 hours of symptoms). Students with influenza should be at LEAST 24 hours of eating and being up and about before returning to school (better if 48 hours).

Please keep in mind that in general, students should not return to school unless they have been fever-free for 24 hours WITHOUT the use of fever reducing medications like Ibuprofen or Tylenol. They also need to be vomit and diarrhea free for at least 24 hours. Also, we want to emphasize the importance of washing hands well and often with soap and water, especially before eating and after going to the bathroom. Coughing/sneezing into elbows away from others and keeping hands/fingers away from mucous membranes such as eyes, nose mouth etc. may also help prevent the spread of illnesses in our schools. Please alert me to any illnesses (especially ones diagnosed by a provider) as I track/monitor them. You can contact me directly at 848-4048 or email me at scripturea@hermon.net.

Angie, Scripture, RN