

Dear Parents and Students

We are now in the season of giving the cold and influenza. There are some things that we as parents and staff can do to help control the spread of the viruses.

As per the Center for Disease Center (CDC) there are ways that we can help control the outbreak of influenza in our schools. The flu vaccine is the best way to protect against complications of influenza. Flu vaccines can reduce flu illness, doctor visits, and missing school, as well as prevent flu –related hospitalizations.

We at eCare School Health have some recommendations that are from the CDC on when to keep your children home, if your student has a fevers that are greater than 100 F, vomiting, diarrhea, and or severe respiratory symptoms. Please remember that your student should not come back to school until they have been fever free for 24 hours without fever reducing medication.

Here is what to look for in symptoms of influenza: fever, cough, sore throat, runny or stuffy nose, muscle aches, headaches, severe fatigue, and extreme exhaustion. These symptoms happen very sudden with influenza

Here is what to look for in symptoms of a cold: low grade or no fever, occasional headache, stuffy or runny nose, mild cough, slight muscle aches, sore throat, mild fatigue, normal energy level.

If you are unsure- keep your student home and call your health provider or your school nurse 605-322-2386 for advice.

Thank you for all that you do,
eCAre School Nurses