



## From The School Nurse, Sheryll Evans

The flu is right around the corner, so be ready, and get the flu vaccine if possible! When your child is sick, please remember the district illness guidelines. Students should not return to school until:

- ✓ Their temperature has been 98.6 for a full 24 hours **without the aid of fever reducing medication.** *Students with a fever of 100.0 or greater at school will be sent home.*
- ✓ They have not vomited for 24 hours
- ✓ They have not had diarrhea for 24 hours

### ***What are the symptoms of the flu?***

- Fever or feeling feverish/chills.
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, although this is more common in children than adults.

For more information, please visit:

<https://www.cdc.gov/flu/symptoms/symptoms.htm>