

# A NOTE FROM THE HEALTH OFFICE

As we all know flu season is here. We have been seeing a rapid rise of influenza cases both in our region and here in our schools. Here are some helpful reminders to consider for you and your family.

## **MOST COMMON SYMPTOMS:**

- Fever
- Headache
- Fatigue
- Cough
- Sore Throat
- Body Aches
- Chills
- Diarrhea or Vomiting  
(although this is more commonly seen in children)

High School: 354-2228  
Elementary: 354-2300

## **WHEN TO RETURN:**

- Students may return to school 24 hours after their fever is gone without the use of fever reducing medications (Tylenol or Advil)
- Your child is feeling well enough to participate in school

## **WHAT TO DO:**

- GET PLENTY OF REST AND DRINK PLENTY OF FLUIDS
- PLEASE CALL THE HEALTH OFFICE IF YOU HAVE ANY QUESTIONS AT ALL