

SCHOOL NURSE NOTES (May 1, 2009)

Respiratory Flu:

1. Stay home and **call** doctor, if you or household member have **flu-like illness** including fever > 100F (37.8C) and cough or sore throat.
2. **Cover** coughs and sneezes with disposable tissues and **WASH HANDS** with soap and water or rub hands with alcohol-based hand sanitizer.
3. **Do not give aspirin** (acetylsalicylic acid) or aspirin-containing products to children (**18 years and younger**) who may have the flu or other virus; this can cause a rare but serious illness known as **Reyes Syndrome**.
Children may be given acetaminophen (Tylenol) or ibuprophen (Advil).
Always check the package dosage instructions, for age appropriateness and dose, as well as intervals between doses.
Children younger than 2 years old should not be given cold medications without calling a healthcare provider.
4. **Do not send ill children to school** “to get checked by the School Nurse”. Instead, call the child’s healthcare provider. However, feel free to call the School Nurse to ask questions.

As Always:

1. **Plan** for sick child care **ahead of time**.
2. **Good idea** to keep on hand, for whenever children become ill: canned soups, bottled juices, and even frozen juice pops, as well as **age-appropriate fever/pain reducers** (also check the expiration dates on what you have on hand).

Children with Special Health Care Needs:

Keep all prescribed **medications and treatment supplies** on hand. Check the expiration dates and replace if expired.