

SCHOOL NURSE NEWS YOU CAN USE

Cold and Flu Season

- 1) The easiest and most effective way to prevent cold and flu is by washing hands thoroughly and frequently. Wet hands, lather, scrub vigorously between fingers, palms, thumbs, under nails for 20 seconds, rinse, dry. (See link below)
- 2) **Get your annual flu shot** (this treats respiratory influenza NOT stomach flu)
- 3) Avoid touching face, mouth, nose and eyes
- 4) Sanitize shared spaces. ... Including door handles, light switches, phones
- 5) Cover your nose and mouth when you sneeze or cough... Then wash hands.
- 6) If you have the flu, stay home and rest until you are symptom free. 24 hours fever free (under 100') without any fever reducing medicine.

SOMETHING FREE FOR YOU!!

It's time for GBAPS Flu Vaccine Clinic: FREE FREE FREE

Monday November 5th 2pm – 6pm

Tuesday November 6th 2pm -6pm

Wednesday November 7th 7am – 10am

Thursday November 8th 2pm – 5pm

Friday November 9th 2pm – 5pm

Is it a cold or flu?		
Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

CDC link to 3 handwashing video's. Please feel free to share with your classrooms. 1st video is the best, 9 minutes, 2nd is good 3 minutes, 3rd is to short.

<https://www.cdc.gov/handwashing/videos.html>