

# BORGER ISD NURSE NEWS

As we continue with our 2023/2024 School year, a quick reminder to be mindful of the cold and flu season. It is important that we work together to keep our children and school community healthy by preventing the spread of illnesses. Sometimes it can be difficult for parents to decide whether to send their child to school when the student is experiencing symptoms of an illness.

## When should I keep my child home from school because of illness?

- **Fever** — *Temperature of 100.4 degrees Fahrenheit or higher.* Students need to stay home for 24 hours after his/her temperature has returned to normal without any fever-reducing medications, such as Ibuprofen or Acetaminophen.
- **Diarrhea** — *Three or more loose or watery stools in a 24-hour period, especially if your child feels ill.*
- **Vomiting** — *Two or more times during the last 24 hours, especially if your child feels ill.*
- **Persistent Coughing** — *Could be caused by many illnesses.* A child with a “mild” cough, but otherwise feeling well, may go to school. A child with a “heavy” cough or deep/ hacking cough that prevents them from participating in all activities in school should stay home until he/she is well or has seen his or her primary care provider.
- **Fatigue** — *Symptoms include lingering tiredness, paleness, lack of appetite, difficult time waking, confusion, and irritability.* Students should stay home until he/she is well or have seen his or her primary care provider.
- **Strep Throat or Bacterial Conjunctivitis (Pink Eye)** — *Illnesses for which primary care providers have diagnosed and prescribed treatment.* Must stay home 24 hours after the first dose of antibiotics.

### -But if not diagnosed

**Eyes**- Student has symptoms of *redness, swelling, yellow/green discharge & crust or matting of eye(s)* your child should remain home until he or has seen his or her primary care provider or above symptoms have resolved.

**Throat**-Student has symptoms of *a sore throat that starts quickly, a sore throat accompanied by fever, or pain when swallowing.* We encourage you to contact his or her primary care provider.

## Teaching little ones good habits helps to prevent the flu and colds.

- Wash hand frequently
- DO not touch eyes, nose, or mouth. (T Zone)
- Cover mouth and nose when sneezing or coughing.  
*-teaching elbow coughing and sneezing is helpful!*
- After using a paper tissue throw it away and wash hands.
- Avoid close contact with people who are sick with cold & flu symptoms.

	<u>Flu</u>	vs.	<u>Cold</u>
<b>Onset:</b>	<b>Sudden</b>		<b>Gradual</b>
<b>Fever:</b>	<b>High</b>		<b>None</b>
<b>Fatigue:</b>	<b>Severe</b>		<b>Mild</b>
<b>Cough:</b>	<b>Severe</b>		<b>Mild</b>
<b>Throat:</b>	<b>Sore</b>		<b>(More) sore</b>
<b>Headache:</b>	<b>Achy</b>		<b>None</b>
<b>Appetite:</b>	<b>↓</b>		<b>↓</b>
<b>Muscles:</b>	<b>Achy</b>		<b>No Aches</b>
<b>Chills:</b>	<b>Yes</b>		<b>None</b>
<b>Prevention:</b>	<b>Annual vaccine</b>		<b>Good handwashing</b>

[www.cdc.gov/flu/ga/coldflu.htm](http://www.cdc.gov/flu/ga/coldflu.htm)

## 8 Steps to Staying Ahead of Lice

1. Watch for signs of head lice, such as frequent head-scratching.
2. Check all family members for lice and nits (lice eggs) at least once a week. It helps to use natural light and magnifying glass.
3. Treat only those family members who have lice. Consult with your physician for a recommendation of a lice product found at your drug store or the pharmacy section of your food store.
4. Remove all nits (which will stay on the hair after treatment.) This is essential! A special metal lice comb may be helpful.
5. Wash sheets and recently worn clothing in hot water and in a hot dryer. Combs and brushes may be soaked in hot (not boiling) water or 10 minutes.
6. Vacuuming is the safest and best way to control lice on mattresses, rugs, furniture, and stuffed animals.
7. Continue to check head often for 2-3 weeks to make sure head lice are gone. Regular checking is the best. Prevention (we know it is tedious work, but it is the best way to control lice).
8. When you find a case of lice, tell others. Kindly call your child's school. Notify parents of children your child has recently been in contact with (especially sleepovers).

Please Contact the school nurse or healthcare provider if you are unsure whether school should be missed due to health conditions. Remember to report the reasons your child is absent to the front office staff.

