

From Your School Nurse...as the season approaches facts you need to know regarding

INFLUENZA (Flu)

Signs and Symptoms:

- Fever over 101 F. Children with the flu tend to have higher fevers than adults have – often as high as 103 to 105 F.
- Chills and sweats
- Headache
- Dry cough
- Muscular aches and pains
- Fatigue and weakness
- Nasal congestion
- Loss of appetite
- Diarrhea and vomiting

When to seek medical advice:

If you have flu symptoms and are at risk of complications, see your doctor right away. Taking antiviral drugs within the first 48 hours after you first notice symptoms may reduce the length of your illness by a day or two and help prevent more serious problems. Seek immediate medical care if you have signs and symptoms of pneumonia. These include a severe cough that brings up phlegm, a high fever and a sharp pain when you breath deeply. If you have bacterial pneumonia, you'll need treatment with antibiotics.

Self Care:

If you come down with the flu, these measures may help ease your symptoms:

- **Drink plenty of liquids.** Choose water, juice and warm soups to prevent dehydration. Drink enough so that your urine is clear or pale yellow.
- **Rest up.** Get more sleep to help your immune system fight infection.
- **Try chicken soup.** It's not just good for your soul – it really can help relieve flu symptoms by breaking up congestion.
- **Consider pain relievers.** Use an over-the-counter pain reliever such as Tylenol (Acetaminophen) or Advil, Motrin (Ibuprofen) cautiously as needed. If taken for a long period, acetaminophen can be toxic to the liver and ibuprofen may cause stomach pain or bleeding. **DON'T** give aspirin to children under age 16 because of the risk of Reye's syndrome, a rare but potentially fatal disease.

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