

The seasonal flu and Norovirus have been making the rounds in schools and throughout the community. Listed below are some symptoms of each illness, as well our school exclusion policy. Please review this information and be sure to contact your child's primary care physician if you have any questions.

Influenza (Seasonal Flu)*: Sudden onset of fever or feeling feverish, chills, cough, sore throat, runny or stuffy nose, body or muscle aches, headaches, and fatigue. Influenza can also cause health complications such as pneumonia, bronchitis, sinus and ear infections, and can exacerbate respiratory diseases such as asthma. It is spread via respiratory droplets either by direct contact or by through air when someone who is ill coughs or sneezes.

Norovirus*: Diarrhea, vomiting, nausea, stomach pain, fever, headache, body aches, dizziness, and dehydration. Symptoms usually last 1-3 days, but those who have had the illness are still highly contagious for a few days after symptoms resolve.

Please keep your child home and consult a medical provider if they are showing any of the following signs or symptoms:

- Fever greater than 100.0
- Vomiting in the last 24 hours
- Stiff neck or headache with fever
- Any rash with or without fever
- Diarrhea (3 watery or loose stools in 1 day)
- Jaundice (yellow tinged skin and/or eyes)
- Skin lesions that are "weepy" or draining (fluid or pus-filled)
- Colored drainage from eyes
- Brown/green drainage from nose with fever greater than 100.0
- Difficulty breathing or shortness of breath; serious, sustained cough
- Unusual behavior change, such as irritability, lethargy, or drowsiness

What you can do to protect yourself and your family:

- Wash your hands frequently and thoroughly for a minimum of 20 seconds with warm, soapy water, especially before eating
- Keep hands away from your eyes, nose, and mouth
- Cover your mouth and nose with your elbow or a disposable tissue when coughing or sneezing
- Don't share food, drink, or utensils
- If medically appropriate, vaccinate yourself against influenza each year

*Information provided by the Centers for Disease Control and Prevention and can be found on their website at www.cdc.gov/flu and www.cdc.gov/norovirus.