



# The Nurse's Corner

## FLU SEASON

### BEST WAYS TO STAY HEALTHY DURING FLU SEASON:

- Wash your hands often-especially after you cough or sneeze
- Cover your cough/sneeze
- Stay home when you are sick

Reminder: Students need to stay home from school when they:

- Have a fever of 100 F or higher
- Have a persistent cough or runny nose
- Are vomiting or have diarrhea
- Are not well enough to participate in school activities, including things like:
  - Extreme tiredness or lack of appetite
  - Frequent coughing or sneezing
  - A severe sore throat

Students may return to school when (usually follow the MINIMUM 24 hour rule):

- Fever free for 24 hours without fever reducing medication.
- Vomiting or Diarrhea: 24 hours after the last episode of vomiting or diarrhea.
- Antibiotics: Keep your child home until 24 hours after the first dose of antibiotic for anything like an ear infection, bronchitis or strep throat.

## IS IT ALLERGIES, A COLD or the FLU?

Symptom	Allergy	Cold	Covid, Influenza, Upper Respiratory
Fever	Never	Sometimes	Usually
Headache	Rarely/mild	Usually/severe	Usually/severe
Sore Throat	Rarely	Usually	Usually
Itchy eyes	Always	Rarely	Rarely
Sneezing/runny/stuffy nose	Usually	Usually	Usually
Cough	Sometimes	Usually	Usually/Last weeks
Tiredness	Sometimes	Sometimes	Usually/Last weeks
Body Aches	Never	Rarely	Usually
Onset	Slow	Slow	Sudden

If you have any questions, please contact the school nurses:

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