



Department of Pupil Services

TO: Parents/Guardians
FROM: Berkeley County School Nurses
RE: Cold and Flu
DATE: January 12, 2017

Cold and flu season are in full swing. Unfortunately, we also have been seeing children with strep infections in recent weeks as well. It is not always easy to determine if a cold just needs to 'run its course' or if medical treatment is needed for something more serious. We want to emphasize the importance of good nutrition, getting plenty of rest and maintaining good hygiene with frequent hand washing during this season. And do not share that water bottle with others!

Most children with colds will have a stuffy or runny nose, minor sore throat and possibly some cough. Flu symptoms would additionally be body aches, fever, dry cough, and extreme tiredness. As you can see, similar symptoms may cloud an actual diagnosis. We would encourage you to have your child's clinician evaluate them anytime you feel it does not seem to be *'just a cold'*.

Remember, no medicines such as ibuprofen, acetaminophen or even cough drops can be given at school without a clinician's order. Most medications should be given at home. Children should be fever free without the benefit of medication such as ibuprofen or acetaminophen for 24 hours before returning to school after an illness. Aspirin should **NOT** be used for children that may have a viral infection. Stay warm and well during this winter season!