



**January
2018**

It's Cold and Flu Season

Sharp Increase in Influenza Activity in Orange County.

Orange County has received a large number of influenza reports in the past week, in conjunction with increases in activity nationally. (www.ochealthinfo.com/eyeoninfluenza)



It's not always easy to tell the difference between a cold and the flu, but here are some general symptoms that may help differentiate between them:

Cold	Flu
<ul style="list-style-type: none"> • Slow onset • No (mild) fever • Mild exhaustion • Severe or hacking cough • Usually no headache • Normal appetite • Usually no muscle aches • Usually no chills • Sore throat 	<ul style="list-style-type: none"> • Sudden onset • High fever • Severe exhaustion • Dry cough • Headache • Decreased appetite • Muscle aches • Chills • Usually no sore throat

Important: Symptoms vary from child to child; call your child's healthcare provider if you suspect the flu.

TIPS:

1. Clean hands often
2. Avoid touching eyes, nose, mouth
3. Cover your cough and sneezes
4. Stay home when sick



Wash Those Hands

Hand washing is the number one way to prevent the spread of disease.

- Wash before eating and cooking
- Wash after touching animals
- Wash after using the bathroom
- Wash after blowing your nose, coughing, & sneezing
- Use warm water
- Use soap and lather for 20 seconds or sing the ABC song!
- Make sure to get in between your fingers, under fingernails, and around the wrists
- Rinse & dry well with a clean towel

When should my child stay home?

- For a temperature of 100 degrees or above.
- Student must be fever-free without fever-reducing medication (such as Tylenol or Motrin) for at least 24 hours before returning to school.
- Vomiting and/or diarrhea. Student may return to school 24 hours after last episode
- Uncontrollable, infectious cough
- Suspected communicable disease (i.e. chicken pox)
- Suspected infection of the eyes (i.e. conjunctivitis), nose, throat (i.e. strep throat), skin (i.e. scabies), or scalp (i.e. lice)
- A rash of unknown origin – student may return to school when written authorization is received from the health care provider
- Students must stay home for the first 24 hours on antibiotic therapy