



TIPS FROM THE SCHOOL NURSE: HELP KEEP YOUR CHILD HEALTHY AND FLU-FREE

With flu season upon us, it is important that we work together to keep our children healthy. Viruses spread easily among children in schools, and families with school-age children have more infections than others, with an average of one-third of these family members infected each year. By keeping our children flu-free, we benefit the community as a whole. Additionally, healthy students miss fewer days of school, which results in less stress on the family.

You can help prevent the spread of flu or help your child get better if he/she does get sick by following a few simple steps:

SIMPLE STEPS FOR KEEPING YOUR CHILD HEALTHY

- Remind your child to cover his/her nose and mouth with a tissue when sneezing or coughing and dispose of the tissue immediately
- Have your child wash his/her hands frequently with soap and warm water for at least 20 seconds
- Disinfect frequently-touched surfaces and shared items at least once a day
- Ensure that bathrooms are stocked with soap, hand towels and tissues
- Teach your child not to touch his/her mouth, nose and eyes
- If your child is sick and has a fever, keep him/her at home to prevent the spread of illness to others

WHAT ARE THE COMMON SYMPTOMS OF FLU?

Often we get confused about the symptoms of the flu and how they are different from a common cold. Knowing the symptoms of the flu is important and will help you act quickly to get your child feeling better.

- Common symptoms of flu include: high fever, severe headache, muscle and body aches, exhaustion and dry cough
 - Children often have additional flu symptoms that are rare in adults, such as nausea, vomiting and diarrhea
- Symptoms of a common cold include: stuffy nose, sneezing, sore throat and hacking cough

If you are concerned about your child's flu symptoms, call your doctor early. Call your doctor immediately if your child has a chronic disease.

If you have any questions or would like additional information about preventing and treating the flu, please contact the School Health Nurse, Charlotte Zeeberg at 39 46 33 27 or nurse@cisdk.dk