Here are a few tips and information regarding illnesses during this flu season. According to the Center for Disease Control (CDC),

Flu signs and symptoms usually come on suddenly. People who are sick with flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

*It’s important to note that not everyone with flu will have a fever

Please keep your child home if the following symptoms/situations occur:

- Fever in the past 24 hours (do not medicate child with fever-reducing medication before attending school)
- Diarrhea in the past 24 hours
- Vomiting in the past 24 hours
- Chills
- A large amount of discolored nasal discharge
- Started antibiotics (including eye drops) within the last 24 hours
- Red, runny eyes that distract your child from learning
- Continuous and uncontrollable cough
- Head lice (live bugs) - until child has been treated according to the nurse or doctor’s instructions