



Cold Viruses, Strep, and Influenza

Tis” the season! Here are some helpful information for you to differentiate between colds and “flu”.

We sometimes call a **gastrointestinal virus** the “stomach flu” but it is really not Influenza but rather a 24-72 hour virus and the recovery is much quicker. Symptoms may come on quickly and include stomach ache, nausea, vomiting, diarrhea, and may or may not be accompanied by a fever.

Influenza is also a virus but is much more virulent. Symptoms of fever and body aches come on suddenly and are accompanied by fatigue. Sometimes congestion and other cold-like symptoms are present but not always. Vomiting is common in children with Influenza. The prescription medication, Tamiflu, may be helpful in lessening the duration of symptoms of Influenza but must be started within 48 hours of first symptoms. **School policy requires that once a student has been diag-**

nosed with Influenza, they remain home at least 7 consecutive days and be ready to participate in school activities before returning. A doctor’s note will also be required. Inform the health room of diagnosis.

Cold symptoms develop over time starting with congestion that then drains in the throat causing a cough and sore throat. Cold viruses usually run their course over 1-2 weeks.

Strep throat can come on suddenly usually accompanied by fever, sometimes not, and is bacterial, not viral. The throat can be sore but there is usually not the congestion associated with a cold virus. Often it is accompanied by stomach ache or vomiting and sometimes this is the only symptom confusing it with a stomach virus. When in doubt, diagnosis is easy with a rapid strep test in your HCP’s office or an urgent care center. Antibiotics are required for recovery from Strep infection and to prevent

complications. **The student must be on antibiotics for 24 hours and be fever-free without antipyretics before returning to school. Inform the health room of diagnosis.**

Over-the-counter medications are sometimes helpful in relieving symptoms of cold viruses. Analgesics are helpful for the fever accompanying influenza and strep throat. In all illnesses, rest and lots of fluids, clear liquids like broth, apple juice, Gatorade and lots of water are good medicine.



Helpful Tips To Reduce Your Risk of Getting Sick

- Wash your hands often, especially after blowing your nose or coughing.
- Wash your hands before eating.
- Cough into your elbow, not your open hands.
- Do not touch your face after touching communal surfaces.
- Clean communal surfaces, i.e. light switch plates, door knobs, kitchen and bathroom counter tops, faucet handles with an anti-septic solution frequently.
- Use separate drinking and eating utensils and clean paper towels for hand-drying.
- Get vaccinated for the flu every year, especially if you are in a high-risk group.
- Keep your child home when they are sick. Please refer to the Family Handbook for more information on NCA’s illness policy.



Health Screenings Have Been Completed

We have completed health screenings for near and distance vision and normal auditory sounds for this school year for grades K, 1, 2, 3, 5, and 7. Initial screenings were done in November. Re-screenings were completed the week of January 7th. If your child did not pass one of the screenings, you should have received a letter from the school nurse recommending further evaluation with your health care provider. Once follow-up is completed, please provide the school nurse with a copy of the results for your child's file.

If you would like more information or to know your child's screening results, please contact the school nurse, who will be glad to share the results with you.



Wet-weather Recess

Since we live in the Northwest, we are used to the weather around here, which means lots of rain. That keeps all of God's creation beautifully green year-round and that's why we like it here. It does, however, tend to make it hard to get the exercise that we need. We believe it is important that the students get a healthy dose of recreation while at school because it helps keep them focused during class time. When it is raining, they still play outdoors thanks to our covered playgrounds. The students need to be dressed properly and rain-gear is an essential part of their school uniform.

Please remind them to wear a weatherproof jacket and to avoid pooled water when walking around the campus. We do not have clothing supplies for the students who choose to play in the puddles and mud during recess. **We suggest, along with the non-perishable emergency lunch, that students keep an extra set of clothes in their locker in case they do get wet. We do have a limited supply of clothes but prefer to reserve those for emergencies.**



