

Illness and What To Do

Parents/Guardians:

Due to an increase in stomach virus, strep throat and flu, please read the following signs/symptoms of illness and ways to prevent illness:

Influenza (Flu)

Signs/Symptoms:

- Fever or feeling feverish/chills (not everyone with flu will have a fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, more common in children

Ways to Prevent Illness:

- Get vaccinated
- Wash hands frequently
- Cover coughs and sneezes
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to keep your child from having close contact with sick people
- Stay home if you're sick
- Routinely clean frequently touched objects/surfaces: doorknobs, counter tops, faucets, toys

Viral Gastroenteritis (Stomach Flu)

Signs/Symptoms:

- Low-grade fever
- Watery diarrhea
- Abdominal cramps and pain
- Nausea/vomiting or both
- Body/muscle aches or headache

Ways to Prevent Illness:

- Wash hands with soap and water frequently
- Avoid touching eyes, nose and mouth with unwashed hands
- Avoid close contact or sharing cups/eating utensils with people who are sick
- Cover your coughs and sneezes with a tissue/shirt sleeve, not your hands
- Clean/disinfect frequently touched surfaces, such as toys, doorknobs, counter tops
- Get plenty of rest
- Stay home when you're sick

Strep Throat

Signs/Symptoms:

- Fever (some may not have fever)
- Headache
- Throat pain that usually comes on quickly
- Painful swallowing
- Red and swollen tonsils sometimes w/ white patches or streaks of pus
- Tiny red spots on the back part of the roof of the mouth
- Swollen, tender lymph nodes in your neck
- Abdominal pain and/or vomiting

Ways to Prevent Illness:

- Wash hands with soap and water, especially before eating
- Avoid touching eyes, nose, and mouth with unwashed hands
- Cover mouth when sneezing and coughing
- Avoid sharing utensils, face cloths, towels, or toothbrush
- Avoid drinking after infected person
- Clean/disinfect frequently touched surfaces, such as toys, doorknobs, counter tops

Parents/Guardians if your child shows signs of illness, please take them to their regular physician.

If you have any questions, please call 903-842-5117.

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