

McComb School District Nursing and Health Services

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Dear Parents,

Cold and Flu season has arrived and it is important that we work together to keep our children healthy and in their classroom. Viruses spread easily among children in the school environment, however, by following a few simple steps you can help prevent the spread of stomach bugs, colds and flu.

PREVENT

- If possible, you and your children should get a flu shot. We have **free** FluMist available to administer to students in the school setting. Contact the nurse at your child's school for information.
- Have your child wash his/her hands frequently with soap and water for at least 20 seconds. Use hand sanitizer when soap and water are not available.
- Remind your child to cover his/her cough or sneeze using the bend of their arm.
- Teach your child not to touch his/her mouth, nose and eyes.
- Avoid sharing drinks, food and utensils with others.
- Disinfect frequently-touched surfaces and shared items at least once a day.

YOU SHOULD NOT SEND YOUR CHILD TO SCHOOL IF HE/SHE HAS:

- Fever in the past 24 hours
- Vomiting in the past 24 hours
- Diarrhea in the past 24 hours
- Chills
- Sore throat
- Bad Cold symptoms, especially if they have kept the child awake at night

KNOW WHEN TO SEE THE DOCTOR:

- If your child has symptoms of the flu, such as high fever, severe headache, muscle aches, exhaustion, dry cough and sometimes nausea, vomiting or diarrhea you should see a doctor immediately.
- With confirmation of the flu, a doctor can prescribe antiviral medication that is effective when taken within 48 hours after flu symptoms begin.
- If flu symptoms have not improved after three to four days of medication, or if; chest pain, or coughing thick, yellow-green mucous develops, call your doctor immediately!

NOTIFY YOUR CHILD'S SCHOOL OF NEW PHONE NUMBERS AND ADDRESSES:

- If your daytime or emergency phone numbers change during the year, please notify the school office or your child's teacher immediately. If your child becomes too ill to stay at school or is possibly contagious to other students and staff, you will be called to come and take him/her home. Please make sure that arrangements can be made to transport your child home from school in case of illness.

For questions regarding this and other health topics, please contact your child's school nurse at the phone numbers listed above.