



## Colds, Flu and Norovirus...

Parents we need your help to keep Oakland a safe, healthy learning environment. Here are a few simple things you and your family can do to help keep children, including yours, healthier:

### 1. **Good, Clean Hands**

- Good hand hygiene helps more than anything to avoid spreading germs.
- There is a PowerPoint program that your children are viewing in their classrooms and we would ask that you take a few minutes to view it as well so that you can reinforce this behavior at home. Link to it from the *Oakland* web page > *Nurse News* or <http://www.antioch34.com/OaklandElementary.cfm?subpage=1200939>

### 2. **Be Specific**

- When you call in on the Absence Hotline or when speaking with the office, be as specific as possible about your child's reason for absence. Please list **all** the symptoms such as nausea, vomiting, fever (include temperature), sore throat, headache,...etc.
- If you have been to the doctor and received a diagnosis, please also let us know that information. This helps in our tracking/reporting efforts.

### 3. **Be Safe**

- Do not return to work, school, or daycare until you are 24 hours free of any symptoms related to Norovirus. The most common symptoms are diarrhea, vomiting, and stomach pain.
- It is very important to not return until fever free, for 24 hours, **without** medications.
- These simple actions can make a real difference. Thanks in advance for your efforts in helping us make this a happy, healthy school year.



## Flu vs. Colds: A Guide to Symptoms

*\*\*Here is a guide to help you determine if your child is experiencing symptoms of a flu or cold.*

<u>Questions</u>	<u>Flu</u>	<u>Cold</u>
Was your child's onset of illness ...	sudden?	slow?
Does your child have a ...	high fever?	no (or mild) fever?
Is your child's exhaustion level ...	severe?	mild?
Is your child's head ...	achy?	headache-free?
Is your child's appetite ...	decreased?	normal?
Are your child's muscles ...	achy?	fine?
Does your child have ...	chills?	no chills?

**\*\*Website referenced:** [www.kidshealth.org](http://www.kidshealth.org)