

**TRAVELL SCHOOL
HEALTH OFFICE
340 Bogert Avenue
Ridgewood, New Jersey 07451
201-670-2760 ext. 56520**

Date: 2/13/17

Dear Parent:

As you know, the cold and flu season is upon us. Colds and flu are both highly contagious, and in the early stages, a bad cold and a mild case of the flu might seem alike. Unlike a cold, a flu is a serious illness that can have life-threatening complications.

Like many other schools, we have had an increase in absences due to illness. It is important that if you suspect the flu or any other contagious illness, you contact your physician for the proper care and treatment. An easy reference is found below.

If your child tests positive for the flu or strep, please notify the Travell School Health Office. If possible, please provide a note from your physician upon return to school.

Please remember the rule: If your child has a fever over 100 degrees (using a thermometer), is vomiting, or has diarrhea or a rash of unknown origin, you must keep them home. They must be free of all these symptoms for at least 24 hours before returning to school.

If your child has any of these symptoms, you will be asked to come and to pick up your child.

And please, do not medicate your child with Tylenol or Advil prior to coming to school if he/she has a fever or other body complaints. A fever indicates when the child is most contagious and the body is fighting hard to fight off the germ. It is not fair to your child or his fellow classmates to be at school.


We are asking parents to supply the classroom with one box of tissues, and include in their lunch box antimicrobial/antibacterial wipes.

Thank you for your cooperation.

Sincerely,



Margaret Leininger
Principal



Judi B. Caruso
RN/Teacher



Is It a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Usual; high (100°F to 102°F, occasionally higher, especially in young children); lasts 3 to 4 days
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last up to 2 to 3 weeks
Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Treatment	Antihistamines Decongestants Nonsteroidal anti-inflammatory medicines	Antiviral medicines—see your doctor
Prevention	Wash your hands often with soap and water; avoid close contact with anyone with a cold	Annual vaccination; antiviral medicines—see your doctor
Complications	Sinus congestion Middle ear infection Asthma	Bronchitis, pneumonia; can worsen chronic conditions; can be life-threatening. Complications more likely in the elderly, those with chronic conditions, young children, and pregnant women