

From the School Nurse:

Cold and Flu season: You may have heard that we are in the middle of a “widespread” flu outbreak and are just reaching the “peak” of the flu season. People ask about the “30% effectiveness” against H3N2 (most dominant strain). That does not mean that it is 70% ineffective. Actually, it offers some (if not total) protection against it which can lessen severity of symptoms and risk of hospitalization or death. See CDC.gov or RIDOH (health.ri.gov) for more information. I like the attached article which answers many common questions.

<https://www.popsci.com/should-i-get-flu-shot-is-it-too-late-to-get-flu-shot>

Head Lice: Wintertime is also when head lice are most prevalent. Please teach your children not to share brushes, combs and hats in order to protect themselves. Consult with your doctor, pharmacist or school nurse if you have any questions regarding identifying or treating them.

Illness: If your child is sick, PLEASE DO NOT SEND THEM TO SCHOOL.

- Sick children heal more quickly at home when they are not exposed to other school borne illnesses
- Children who are sick can easily spread their illness to classmates.

Please keep children home if they have any of the following:

- A temperature above 100 degrees F in the past 24 hours or need medication to keep them under 100 F
- Vomiting or diarrhea in the past 24 hours
- Severe head cold: sore throat, congestion or runny nose
- Frequent coughing
- Unexplained rash

Feel free to call me at 568-1330 with any questions

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