

# NURSE NEWSLETTER



## ILLNESS IS ON THE HORIZON

Parents we have seen an increase in cases of Influenza and Norovirus at the elementary level. Both illnesses are highly contagious, so we encourage you to monitor your children for symptoms such as fever, vomiting, diarrhea, or fatigue. Please keep your child at home if they are unwell to prevent further spread and remind them to practice good hygiene, such as frequent handwashing.

## NOROVIRUS

Norovirus is a highly contagious virus that causes gastroenteritis, an inflammation of the stomach and intestines. It spreads easily through contact with infected individuals, contaminated food or water, and surfaces. Norovirus outbreaks are common in schools and other shared spaces, especially during the winter months. While it is unpleasant, most people recover within a few days without complications.

Symptoms of Norovirus include vomiting, diarrhea, stomach pain, nausea, and occasionally fever or body aches. To prevent the spread, encourage frequent handwashing with soap and water, especially after using the bathroom and before eating. Disinfect frequently touched surfaces and keep children home if they are experiencing symptoms. Proper hygiene and staying home while sick are the best ways to protect our school community.

## INFLUENZA

Influenza, or the flu, is a contagious respiratory illness caused by influenza viruses. It spreads through droplets when an infected person coughs, sneezes, or talks, as well as through contact with contaminated surfaces. The flu can range from mild to severe and is more common during the fall and winter months. Vaccination is the most effective way to reduce the risk of getting the flu.

Symptoms of influenza include fever, cough, sore throat, runny or stuffy nose, body aches, fatigue, and sometimes chills or headache. To prevent the spread of the flu, encourage children to wash their hands frequently, cover coughs and sneezes, and avoid close contact with others when feeling unwell. Keeping sick children home until they are fever-free for at least 24 hours without medication is essential to protect our school community.

