

Dear Parents and Students

As we see more colds and influenza. There are some things that we as parents and staff can do to help control the spread of the viruses.

As per the Center for Disease Center (CDC) there are ways that we can help control the outbreak of influenza in our schools. The flu vaccine is the best way to protect against complications of influenza. Flu vaccines can reduce flu illness, doctor visits, and missing school, as well as prevent flu –related hospitalizations. Other things we can do is covering our cough, washing hands frequently as well as staying home when we are sick.

The CDC recommends keeping your student home if they have a fever that is greater than 100 F, vomiting, diarrhea, and or severe respiratory symptoms. Please remember that your student should not come back to school until they have been fever free for 24 hours without fever reducing medication.

If you are unsure if you should keep your student home feel free to call the eCARE school nurse at 605-606-0550 or your health provider for advice.

The infographic features a yellow background with green virus-like icons. At the top, the title 'IS IT A COLD OR FLU?' is written in large, white, bold letters with a blue circle around the word 'OR'. Below the title is a table with three columns: 'SIGNS AND SYMPTOMS', 'COLD', and 'FLU'. The table lists various symptoms and compares their frequency in colds and flu. At the bottom, there is a red button with the text '#FIGHT FLU' and the CDC logo.

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU