



Notes from the School Nurses

Flu season is coming! There already have been a few cases in the United States. The CDC recommends getting your flu shot by the end of October. Remember, it takes 2 weeks for your body to make antibodies to protect you from the flu after receiving your flu shot.

Last year, 138 children died from the flu in the United States and most of them were healthy without any high-risk medical conditions. Children who receive the flu vaccine decrease the risk of flu-associated death by 65%.

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
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU

You should keep your child home if they have a fever. Remind your child to cover their nose and mouth with a tissue when they cough or sneeze. Tissues should be thrown in the trash immediately after use and hands should be washed with soap.

Places to get your flu shot:

- Your family doctor
- Local pharmacies, usually at no cost with most insurances
- Brown County Public Health, which has free flu shots for children who are eligible starting in November
 - A limited supply of flu vaccine available for adults 19 years and older at a cost of \$30.
 - Call Public Health 448-6445 for an appointment

