

Flu season is about to be upon us once again. The flu affects between 5-20% of the population in any given year. The symptoms of the flu are fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, and gastro-intestinal symptoms (more common among children than adults) such as nausea, vomiting, and diarrhea.

Even though the focus remains on getting a flu shot, there are some common sense things you can do to prevent the flu and other illnesses. The NH Dept of Health and Human Services gives us some guidelines to help prevent the spread of this (and any) virus.

- Get plenty of rest and fluids
- Wash hands frequently and after exposure to nasal secretions, or bodily fluids.
- Cover your mouth and nose when coughing or sneezing
- **Stay home from school until 24 hours after symptom resolution. This includes 24 hours of being fever free (<100 degrees) without the use of fever reducing medications. Also students should stay home from school for 24-48 hours after resolution of gastrointestinal symptoms such as vomiting or diarrhea.**

For more information go to <http://www.cdc.gov/flu/> or

<http://www.dhhs.nh.gov/dphs/cdcs/documents/norovirusdh.pdf>