



## News From Haysville USD 261 District Nurses Beth Schutte and Lesley Thomas:

### 2018 Flu Season - Take Precautions

This is gearing up to be the worst flu season in over a decade. The flu bug this season is especially nasty and has resulted in the death of over 20 children this year already. As they say, prevention is worth a pound of cure. It is not too late to take steps to protect your family.

- Get your flu shot! Although the flu shot does not protect against all strains of the flu, it can lessen your symptoms if you should contract the flu. Most insurance companies will cover the cost of the flu shot. For adults and children without insurance, or children on state insurance, the Sedgwick County Health Department provides the vaccine at discounted rates.

- Wash your hands...Wash your hands... Wash your hands!!! This is so effective that is worth repeating. Wash your hands often and avoid touching your eyes, nose, and mouth.

- If you are sick, limit contact with others as much as possible. You are not doing your coworkers (or classmates) any favors by showing up if you bring the flu with you. Also, avoid close contact with those that are sick.

- Clean and disinfect surfaces and objects that may be contaminated with flu germs. The flu virus can live on hard surfaces for up to 24 hours. Disinfecting bathroom surfaces, kitchen counters, and toys can help.

- If your doctor prescribes anti-viral medication, take it as directed. These can lessen your symptoms and be the difference between a milder illness and more serious symptoms that could result in a hospital stay.

### Changes In Dispensing Over The Counter (OTC) Medicine

Beginning February 1st, the Haysville School District will no longer require a physician signature for over the counter medications! Your child may receive over the counter (OTC) medications as long as the following conditions are met:

- An OTC medication form is completed and signed by the guardian.
- Medication is provided in the original container.
- Medication will be given per package instructions. Any dosing that is different than package instructions will require a physician order.

- Medication will be stored in a locked cabinet in the health room. If you would like your child to self-care medication a separate form and physician order will be required.

\*Aspirin and oral homeopathic medications will continue to require a physician order\*