



News from the Nurse



Cold and Flu season is in full swing. Children with the common cold do not need to stay home from school, but they will be more comfortable and less likely to spread the virus if they are on some cold symptom medications. If your child is sniffing, sneezing, coughing, has no fever and is otherwise normal, please give them long acting cold symptom relief medications before sending them to school.

The medication should contain just enough to treat your child's symptoms.

- ✓ Sneezing or runny nose: antihistamine
- ✓ Cough: cough suppressant
- ✓ Productive cough: cough expectorant

It is important to keep the sinuses clear so that the common cold (a virus) does not lead to a sinus or ear infection (a bacterium) that will need to be treated with antibiotics.

In addition, please reinforce with your children to cough into their sleeve, wash their hands after blowing their nose or coughing and not to touch the face. These have been shown to be the most effective behaviors to stop the spread of respiratory illnesses.

There has been an increase in children coming to the office with "stomach aches." At this time of the season our diets tend to gravitate towards complex carbohydrates and protein. These can be binding and cause increased constipation. It is extra important that your children are eating 4-5 fruits and veggies, 4-5 servings of whole grains and drinking 5-6 full glasses of liquids a day. If they do get constipated, a cup of applesauce or prune juice a day till an easy bowel movement occurs will usually do the trick.

Have a happy and healthy holiday season!

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