



# Nurses Newsletter

Center for Applied Behavioral  
Instruction

OCTOBER

## From Nurse Courtney...

Hello Families!

I hope everyone is staying healthy and happy. We here at CABI are always here for you for any reason whatsoever. That being said, I am going to continue to put out a monthly Nurses Newsletter just to touch base with you all. As always, if you have a specific concern on a health topic, please do not hesitate to call or email me at any time.

## Office Housekeeping

I understand that it has been difficult in these COVID-times to get and keep appointments with your child's doctors. It is important to try to keep your child's well-being annual physical up to date. CABI requires that all students have an updated physical and immunization record on file at the beginning of each year.

**\*Please email or send in a copy of your child's annual physical form to the nurse's office shortly after their appointment\***

All medication orders must be renewed each school year. Medication orders can be sent in with your student, emailed or faxed from the prescribing physician. The actual medication cannot be transported in the student's backpack. Please plan to bring the medication to the nurse prior to the start of the order.





# The Flu!!

As you all know we are well into fall and with that usually comes the dreaded flu-season.

## Why is there a “Flu Season”?

Influenza or “the flu” is technically a year-round concern however it becomes more prevalent starting in mid to late Fall and lasts approximately 13 weeks.

The influenza virus thrives in Falls cool, dry temperatures. This is mainly because of a gel coating that exists around the virus. When the temperatures are cool the gel hardens and protects the virus while it is traveling in the air between an infected person/host and a healthy person/host. In warm temperatures, the gel degrades and leaves the virus unprotected. The virus also begins to degrade in the air without its living host and protective coating.

## Symptoms

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

## Prevention

Everyone is susceptible to the flu but there are a few things you can do to help your body avoid the virus, fight the virus or keep others from getting the virus.

1. Wash your hands frequently and thoroughly
2. Avoid putting your hands in your mouth or eyes.
3. Do not share food or drinks with an ill person.
4. **STAY AT HOME IF YOU ARE ILL!!!**
5. Get a flu shot every year.

## Spreading the virus

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. People with the flu are most contagious in the first 3-4 days after their illness begins. Some otherwise healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick.

## Treatment

1. If you get very sick, are pregnant, are 65 years or older, or are at high risk for flu related complications, call your doctor. You might need antiviral drugs to treat flu.
2. Stay at home and rest.
3. Avoid close contact with well people in your house so you won't make them sick.
4. Drink plenty of water and other clear liquids to prevent dehydration.

***\*\* Per Massachusetts mandate, students will be expected to have received a flu vaccine by December 31, 2020 for the 2020-2021 influenza season, unless either a medical or religious exemption is provided. Also exempted are K-12 students who are homeschooled and higher education students who are completely off-campus and engaged in remote learning only. This new flu immunization requirement to enter school in January is in addition to existing vaccine requirements for all those attending childcare, preschool, K-12, and colleges and universities in Massachusetts. Elementary and secondary students in districts and schools that are using a remote education model are not exempt. Please forward proof of completion to Nurse Courtney\*\****

## **Why am I being mandated to get my child the flu vaccine this year??**

**It's simple.....COVID 19.**

As I am sure you have noticed, the symptoms for COVID 19 are the exact same symptoms as the flu. Getting the flu vaccine will allow your child's body to begin mounting a defense against the flu virus if they encounter it throughout the season.

The flu vaccine will keep your child's immune system in peak condition which will decrease the possibility of hospitalization due to illness. This will then decrease the chances of your child coming in contact with a severely ill hospitalized patient with COVID 19 as well as keep hospital resources available for COVID 19 patients.

If a child's body isn't busy fighting the flu virus then it will be fully prepared to fight COVID 19 if, heaven forbid, they are infected with it.

To slow the spread of COVID 19 the government has mandated the flu vaccine to some of our most vulnerable individuals.... our children.

*"Children must be healthy to learn and must learn to be healthy."*

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