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A Note From The Nurse

November, 2025

Good Grief! It's Flu Season

The single most effective preventative measure is annual vaccination for everyone six months of age and older. Please reinforce good hygiene habits with your babies. This looks like frequent handwashing and coughing/sneezing into their elbow or a tissue. Children should stay home until they have been fever-free for at least 24 hours without fever-reducing medicine. Flu-like symptoms often appear suddenly and can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue (tiredness).



Important Reminders!

- Please remember to drop off all student medication at the front office. Over-the-counter medications do not require a physician's signature. As flu season approaches, we kindly request that students exhibiting flu-like symptoms remain home.

Thank you all!

Nikki Morgan, RN MSN