



# Nurse's Notes

**Autumn 2024**

## Reasons your child MUST stay home:

- They have had a temperature of **100.0** or greater in the last **24 hours** (or have taken fever reducing medication in the last **24 hours**)
- They have had vomiting or diarrhea in the past **24 hours**
- They are awaiting lab results to determine whether or not they have a communicable disease
- They have not completed the first 24 hours of prescribed treatment for a communicable disease (12 hours for strep throat)
- They have **live lice**

You may decide to have your child stay home if they are too sick to participate in learning that day (excessive runny nose, cough, fatigue, headache, etc).

## Happy Autumn!

With the return to school we have seen quite a few illnesses shared between students. This newsletter includes information on respiratory illnesses, when to keep your child home, and how to notify the school if they will be absent



## **If your child will be absent:**

### **Stormonth Health & Attendance:**

(414)247-4119

Stormonthattendance@foxbay.org

### **Bayside Health & Attendance:**

(414)247-4225

Baysideattendance@foxbay.org

## **District Nurse**

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# Is it Influenza (Flu), a Cold, or Whooping Cough?

## Symptoms

## Flu

## Cold

## Whooping Cough

<b>Fever</b>	Usually present and high (102–104°F or 39–40°C); typically lasts 3–4 days	Uncommon in adults and older children	Uncommon. If present, typically mild (99.5–100.4°F or 37.5–38°C)	
<b>Headache</b>	Very common	Uncommon	Uncommon	
<b>Aches and pains, muscle aches, chest discomfort</b>	Common, often severe	Slight to moderate	Uncommon	
<b>Fatigue and weakness</b>	Moderate to severe; can last up 14-21 days	Mild	Mild to moderate	
<b>Extreme exhaustion</b>	Very common in early illness	Extremely rare	Rare	
<b>Stuffy or runny nose</b>	Sometimes	Common	Common, early in disease	
<b>Sneezing</b>	Sometimes	Common	Common, early in disease	
<b>Sore throat</b>	Sometimes	Common	Uncommon	
<b>Cough</b>	<b>Type</b>	Non-productive ("dry") cough is typical; nighttime cough rare	Hacking cough, often productive; nighttime cough rare; usually responds to cough medications	Variable; fits and attacks and nighttime cough are common; characteristic high-pitched "whoop" sound, generally not responsive to cough medications
	<b>Severity</b>	Moderate	Mild to Moderate	Variable; can be mild in adults and very severe in infants and young children
	<b>Duration</b>	Typically 3-7 days; occasionally to 14 days	Typically 3–7 days	Persistent cough, almost always more than 1 week, usually 2-6 weeks, sometimes more than 10 weeks
	<b>Cough attacks/fits</b>	Uncommon	Rare	Common
<b>Infectious Period</b>	1–2 days before symptom onset to 5–10 days after	Variable; typically 4–7 days after symptom onset; can be longer	From start of increased mucus production (before cough begins) to 21 days after cough starts*	

\*or until taking five days of appropriate anti-pertussis antibiotics.

