



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

Monica Cain, RN, BSN

(414)247-4226

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

Symptoms

Flu

Cold

Whooping Cough

Fever		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)
Headache		Very common	Uncommon	Uncommon
Aches and pains, muscle aches, chest discomfort		Common, often severe	Slight to moderate	Uncommon
Fatigue and weakness		Moderate to severe; can last up 14–21 days	Mild	Mild to moderate
Extreme exhaustion		Very common in early illness	Extremely rare	Rare
Stuffy or runny nose		Sometimes	Common	Common, early in disease
Sneezing		Sometimes	Common	Common, early in disease
Sore throat		Sometimes	Common	Uncommon
Cough	Type	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
	Severity	Moderate	Mild to Moderate	Variable; can be mild in adults and very severe in infants and young children
	Duration	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
	Cough attacks/fits	Uncommon	Rare	Common
Infectious Period		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.

