

Nurse's Corner -October

Nicole Pacchini, RN

Preschool Nurse

(973)320-8373

npacchini@nutleyschools.org

Influenza Facts

- Influenza, often called the flu, is a contagious disease that infects the nose, throat, and sometimes lungs.
- People can spread influenza viruses before they know they are ill and after they feel better.
- The time between exposure and getting the infection is short, usually two or three days.
- Influenza viruses live for up to 48 hours in the environment, infecting others who touch objects that have the virus on them.
- Influenza is often seasonal, happening in the fall and winter.

What are the symptoms of influenza?

- Fever
- Body aches
- Chills
- Cough
- Tiredness
- Sometimes nausea, vomiting, and diarrhea

How does influenza spread?

Flu viruses are spread mainly by tiny droplets when people with flu cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching a surface or object that has the flu virus on it and then by touching their own mouth, nose, or possibly their eyes.

Who is at risk?

The flu can be dangerous for children. Each year, thousands of children younger than 5 are hospitalized because of influenza. The flu vaccine is safe and helps protect children from the flu and its complications.

Seasonal Vaccination

The flu vaccine is safe. It can prevent infection, reduce hospitalizations, and reduce the risk of death from flu. People who got the vaccine are much less likely to get seriously ill or need to go to the hospital if they get the flu.

*****Preschool students, less than 59 months of age, are required to receive one dose of influenza vaccine between September 1 and December 1 each year.**

Flu shot letters will be sent home early next week. Please be sure to have your child's doctor complete the lower portion of the form and return it to me before December 1.

Thank you.

Mrs. Pacchini