

❄️ Winter Safety & Wellness Newsletter ❄️

Influenza B 🤧

While Influenza A dominated earlier this winter, health reports show that Influenza B is now on the rise nationally and within our community.

Unlike the common cold, Influenza B can come on very suddenly and can be particularly tough on school-aged children. Please take a moment to review our health guidelines below to help keep our classrooms safe and our students healthy.

While symptoms vary, Influenza B often presents with:

- **Sudden Fever:** A quick onset of high fever or chills.
- **Body Aches & Fatigue:** A "run-over-by-a-truck" feeling of exhaustion and sore muscles.
- **Respiratory Issues:** Dry cough, sore throat, and congestion.

When to Keep Your Child Home

To prevent the spread of illness, please follow our "**24-Hour Rule**":

Students must stay home until they are fever-free (100.4 F or below) for at least 24 hours without the use of fever-reducing medication (like Tylenol or Motrin). If your child has vomited or had diarrhea, they should also stay home until 24 hours after their last episode.