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| ***February Newsletter***This Texas weather brings us hot and humid one day, and cold and windy on another, which means runny noses, sore throats & coughs! It can be difficult to distinguish between allergies or what is a cold or flu. Here are a few suggestions to help you decide:* If your student has known seasonal allergies, then giving student medication in a timely manner will help prevent symptoms. Symptoms of allergies can sometimes mimic those of a cold or flu.
* If your student test positive for strep, flu, COVID, or any infection, **keep student home** to ensure the safety and well-being of not only themselves, but of other students. **Rest and hydration are very important!**

Symptoms of Allergies typically are itchy watery eyes, tickly throat & runny and stuffy nose. If student develops a fever, then that could be a sign that it’s more than just allergies and their bodies are fighting an infection. ***Reminder! If your student is out sick, notify the nurse. You can dojo, email or call 830-778-4115.******Remind students to wash hands frequently to help the spread of germs.******Help teach students the vampire cough! Coughing into their elbow can also prevent the spread of germs.****Fun Fact:**Sneezes travel at 100MPH*250+ Clip Art Of Child Sneezing Stock Illustrations, Royalty-Free Vector  Graphics & Clip Art - iStock |