

Martinsville City Schools

Nurses' Corner- Fall Edition

October 2016



As our school year progresses, the school nurses for Martinsville City Public Schools want to let you know we are here to help keep your children healthy! Should you have questions or concerns regarding the medical care of your child and/or children while they are at school, please feel free to contact us.

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Donna Hairfield (LPN)
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*Patrick Henry Elementary School Nurse
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*Martinsville Middle School Nurse
Toya Johnson (LPN)
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*Martinsville High School Nurse
Beth Holyfield (RN)
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When Not to Come to School:

- ~ Temperature greater than 100
- ~ Vomiting/Diarrhea
- ~ Thick, yellow nasal drainage
- ~ Flu symptoms listed below
- ~ Red/ Pink eyes with drainage
- ~ Head Lice (may return after one treatment)
- ~ Rashes that may indicate an allergic reaction

FLU SEASON



IS IT THE FLU? INFLUENZA VS THE COMMON COLD



FLU	CHARACTERISTIC	COMMON COLD
SUDDEN	ONSET OF SYMPTOMS	GRADUAL
OCCASIONAL	SNEEZING	COMMON
EARLY	SORE THROAT & COUGH	MILD COURSE, PEAKING DAY 2-3
OFTEN SEVERE	MUSCLE ACHES	SLIGHT
SEVERE	MALaise, FATIGUE	USUALLY MILD
SUBSTERNAL BURNING, COMMON	CHEST SYMPTOMS	MILD, IF ANY
6-7 DAYS	DURATION	3-4 DAYS
HIGH (102° - 104°)	FEVER	NONE OR MILD (LESS THAN 100°)