

## Cold and Flu Season

Winter is coming and cold and flu season will soon be here. In the past week many Kiel School students have experienced an outbreak of a virus as well as some bacterial “strep” infections. It is impossible to tell which illness a child has by looking at them. If you believe that your child may have “strep” please have them evaluated by their private doctor. “Strep” is a bacterial infection that can be treated with medication prescribed by a physician.

Cold viruses and Influenza viruses that circulates in the area can cause headache, stomachache and fevers ranging from low grade (99 – 100 degrees) to fevers in the 103-104 degree range. The child may also have a cough. Many children are sick for three or more days with a fever that returns in the afternoon or evening.

The best treatment is rest and fluids. Recovery may take a week or more. Many children feel better in the morning and then have a fever by lunchtime. Please keep your child home from school for at least 24 hours after he/she has had a fever of 100 degrees or more and until they are fever free **without the use of fever reducing medication** for 24 hours.

If you have questions or concerns please call me at school or speak with your child’s doctor.