

September 15, 2021



It's Cold and Flu Season

When your child should NOT come to school

For many people, "flu season" and "winter" are synonymous. But flu season can last as long as eight months — from October to May in the United States.

What is flu season?

The influenza virus is present year-round in the United States, so a person can get the flu during any month of the year. However, most cases of the flu happen during the months when flu is most active — this is commonly called "flu season." Peak flu activity happens between December and March, which is why flu season and winter are often linked together.

How can I protect myself from the flu?

By now we are all familiar with COVID-precautionary measures. These same practices can protect you and your children from getting the flu. Remember to:

- Avoid people who are sick with flu-like symptoms.
- Stay home if you have flu-like symptoms to avoid getting others sick.
- Wash your hands often with soap and water.
- Cover your nose and mouth when you cough or sneeze.
- Avoid touching your face, eyes, and mouth.

- Regularly clean and disinfect commonly used surfaces.

All these measures will help, but getting the flu vaccine is the best way to protect yourself from influenza illness and complications. The flu vaccine is safe and effective for most people. Talk to your healthcare provider about getting the flu vaccine before the flu season begins.

Symptoms of Colds and Flu

Flu and cold viruses spread mainly by droplets, when infected people cough, sneeze or talk. You also can get infected by touching a surface or object that has flu viruses on it, such as a door handle, and then touching your eyes, nose, or mouth.

Colds: Symptoms of colds usually are a stuffy or runny nose and sneezing. Other symptoms include coughing, a scratchy throat, and watery eyes. There is no vaccine to prevent colds, which come on gradually and often spread through everyday contact.

Flu: Symptoms of the flu come on suddenly and can include fever, headache, chills, dry cough, sore throat, body or muscle aches, tiredness, and feeling generally miserable. Like the viruses that cause a cold, flu viruses can cause a stuffy or runny nose, sneezing, and watery eyes. Young children also may experience nausea and vomiting.

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September

- 19 Preschool Advisory Council Meeting, 4 p.m.
- 22 School Picture Day
- 27 Mini-Golf in the Gym

October

- 6 Chapel, 11:30 a.m.
- 8 Early Dismissal (12 noon)
- 11 Columbus Day Holiday
(School Closed)

T-Shirts Are In!

We have Good Shepherd Preschool T-Shirts available for your student!

FREE!

for students who sign up at least 1 "Changemaker" in our Hello Donor fundraiser. Get started by using the link to create your account: <https://app.hellodonor.co/schools/the-good-shepherd-preschool/signup>

Or purchase for \$15

T-Shirt order forms are available in the Preschool Office.



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The Good Shepherd Preschool is a religiously exempt educational ministry of Highway Assembly of God. Our mission is to provide a quality, Christ-centered education to develop the whole child - mentally, physically, socially and spiritually - in establishing a strong learning foundation to prepare children for kindergarten.

When NOT to come to school

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People at high risk for flu include children younger than 5 years, pregnant women, people with certain chronic health conditions (such as asthma, diabetes, or heart or lung disease), and people age 65 or older.

Treating the common cold

The best way to treat a cold is by doing what's always worked.

- Avoid crowded and enclosed spaces.
- Cover your mouth with your hand or inner elbow when you sneeze.
- Throw away tissues after use.
- Wash your hands frequently.
- Stay home, if you're able.

When Not to come to school

The health and safety section of our Parent Handbook provides guidance on when to keep your student home if they exhibit any number of symptoms related to various illnesses. Children who have been ill may return to school when:

- They are free of fever, vomiting and diarrhea for 24 hours.
- They have been treated with an antibiotic for 24 hours.
- They are able to participate comfortably in all usual activities.
- They are free of open, oozing skin conditions.
- If the child has a reportable communicable disease, a physician's note stating that the child is no longer contagious and may return to our care is required.