

# South Sioux City Community Schools Health Services



Nebraska currently has widespread flu activity. Over the past week, Nebraska schools across the state have averaged 2.86% absence due to illness. Although this is a low rate, the South Sioux City Schools health service staff advises of the importance of protecting yourself and your family from the flu.

## Please follow these tips:

- \*Stay home when you are sick. When ill, do not return to work or school until you or your child is fever free for 24 hours without medicine.
- \*Wash your hands or use an alcohol based hand sanitizer often and avoid touching your eyes, nose, and mouth.
- \*Clean and disinfect frequently touched surfaces at home.
- \*Get plenty of sleep, drink fluids, and eat nutritious food.
- \*It is not too late to get your flu vaccination. Contact your medical provider to schedule an appointment.

## When To Seek Emergency Care

### Children:

- \*Fast breathing or trouble breathing
- \*Bluish skin color
- \*Not drinking enough fluids
- \*Not waking up or not interacting
- \*So irritable that child doesn't want to be held
- \*Flu-like symptoms improve but then return with fever and worse cough
- \*Fever with a rash

### Adults:

- \*Difficulty breathing or shortness of breath
- \*Pain or pressure in the chest or abdomen
- \*Sudden dizziness
- \*Confusion
- \*Severe or persistent vomiting
- \*Flu-like symptoms that improve but then return with fever and worse cough

**In addition** to signs above, get medical help right away for any **infant** who has these signs:

- \*Unable to eat
- \*Has trouble breathing
- \*Has no tears when crying
- \*Significantly fewer wet diapers than normal

Additional information about the flu can be found at the CDC website link below:

<https://www.cdc.gov/flu/index.htm>