



The Daily Apple

“Putting Prevention into Practice”

A Health and Wellness Newsletter for the New Franklin School Community

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Seasonal Flu Clinic at Portsmouth High School – Saturday October 17th, 12:00-3:00PM

This year, everyone is being urged to get a **seasonal flu** vaccination. Parents: If your children received a vaccine – you should too. If you or your child has not received a **seasonal flu vaccination**, consider attending the Flu Clinic being offered by The City of Portsmouth and Portsmouth Hospital. This will be held this Saturday at Portsmouth High School. Please see attached flyer. Additional flu clinics are being set up at your Physician’s offices and Pharmacies. Check the schedule on www.portsmouthhospital.com.

Bracing for Super Bugs: Women’s Health Care Forum, Monday, October 19, 6PM-8:30 PM. Presented by experts in emergency medicine and infectious disease. Call to register 888-421-1080.

Seasonal Flu Vaccine at NFS: I have obtained 20 additional doses of flu vaccine (flumist and injectable). If your child has not been vaccinated for the seasonal flu, please contact me as soon as possible. Either phone at 436-0910 or email to address above.

2009-2010 Important Prevention Messages

- **Sick children and staff should remain at home for at least 24 hours after they no longer have fever, or do not have signs of fever, without using fever-reducing drugs.** Parents need to know the signs and symptoms of the flu. H1N1 as well as seasonal influenza are respiratory illnesses, and the symptoms may include fever (100° F, 37.8° C, or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea. All parents should ensure that they have a thermometer at home, know where it is, and make sure it works. Anyone who has a chronic health condition or becomes sick with flu-like symptoms should contact their healthcare provider for advice.
- **It is not okay** to send a child to school after giving a drug to mask a fever because they will likely spread the illness they have to many more children.
- **Call School** and please state the reason or type of illness. We’d like to know about high fevers, productive coughs, extreme body aches, sore throat, vomiting. (see symptoms below)
- Any child who is determined to be sick with above symptoms (Temp 100°F) while at school will be sent home.
- **Have a Back up Plan.** Ideally, parents should think about making some back up plans to stay home with a child if they become ill.
- **Keep it Simple:** Stay home when sick. Cover a cough. Wash hands. Drink plenty of water.

Have a Healthy Autumn! Get some fresh air. Pick apples and pumpkins!