



Northern York County School District

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Cold and Flu Season Tips

In addition to the attached flu guide the Northern York County School District Nurses would like to remind parents that there are other coughing illnesses that school age students can contract or develop. Pneumonia, pertussis, cold viruses, and parapertussis are a few.

Please remember to contact your doctor if your child's cough does not go away after several weeks, or if your child is:

- Coughing up thick greenish-yellow phlegm
- Wheezing
- Experiencing a Fever greater than 100° F
- Experiencing shortness of breath
- Has a cough that occurs in sudden, uncontrollable bursts
- Has high- pitched whooping sounds when breathing in after a coughing episode
- Vomits after a coughing episode
- Or you are concerned by their condition

Fever Guidelines

If your child has been running a fever of 100 degrees or over, he/she should not attend school. Health care professionals recommend that your child be fever-free for at least 24-hours (**without the use of medications like Tylenol or Advil**) before returning to school. If your child has had antibiotics administered, the student must have received a minimum of 24 hours' worth of antibiotics and be fever-free before returning to school.

Cover Your Cough

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Or cough or sneeze in to your sleeve
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.