



A HEALTHY HELLO FROM NURSE REKA

Mutiara International Grammar School

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Dealing with Common Cold, Seasonal Flu and Fever

The outbreak of the common cold, seasonal flu and fever are considered seasonal in line with changes in weather and temperatures. The common cold and the seasonal flu (Influenza) are both respiratory illnesses caused by different viruses, primarily experienced during the rainy season.



Common Cold Symptoms	Seasonal Flu Symptoms
Low or no fever	High fever over 38°C
Mild headache	Headache - can be severe
Sneezing	Sometimes sneezing
Mild cough	Dry cough, often becoming severe
Slight aches and pains	Body aches / muscle pain
Runny nose	Runny nose / nasal congestion
Sore throat	Sometimes a sore throat
Mild fatigue	Extreme fatigue
Watery eyes	Diarrhoea/vomiting (more common in children than adults)

Common cold will go away on its own over time and can be managed with rest and fluids.

The Seasonal Flu is generally caused by any of several known influenza viruses (Influenza A or B), the flu is more severe than the common cold. To determine if a person has a cold or the flu, a special swab test should be done at the hospital within the first few days of sickness.

Therefore, we would like to request all parents to monitor their child/ren at home for any sign of fever, cold, cough or cough as mentioned above at all times. If your child/ren show(s) any such symptoms, you are encouraged to see a doctor if there is no improvement after 2 or 3 days.

Here are some ways in managing fever and cold/flu:

- Allow your child to rest at home if he/she has a fever as advised by the doctor.
- Advise and encourage them to drink more water as directed by the doctor.
- Apply cold compress or perform tepid sponging to decrease body temperature.
- Complete the course of antibiotics or antiviral medication as prescribed.
- Lozenges or warm drinks with honey and lemon may help to ease a sore throat.
- Keep your child away from others during the first 3 to 5 days of his or her cold.
- Wash your hands and your child's hands often with soap and water.
- Encourage your child to use hand sanitizers.
- Advise your child to cover his or her nose and mouth when he or she sneezes, coughs, and blows his or her nose.
- Do not let your child share toys or towels with others while he or she is sick.
- Do not let your child share foods, eating utensils, cups, or drinks with others.

Staying healthy while traveling

How to protect ourselves from illness while traveling? Precautions can be taken to reduce the risk of contracting a disease while abroad.

The following are some tips on ways to stay healthy while traveling:

- Vaccinate yourself and your kids first if necessary or if it is scheduled.
Certain vaccinations can help to protect against infectious diseases that are common in different geographic areas. Depending on the destination and the length of the planned trip.
- Carry medical supplies (first aid pouch) and especially mosquito repellent.
- Prevent insect bites by wearing long sleeves and long pants in light colours so the insects can be seen easily.
- Stay in-door at times when insects are most active, mostly dawn and dusk.
- Encourage your kids to wash hands often
- Bring portable sanitizing gel with you to help prevent illness while traveling.
- Use bottled water or water that has been boiled for drinking.
- Canned or bottled beverages are the safest drinks.
Carefully wiping the top of the can or bottle before drinking from it may remove disease-causing agents.
- Be careful of raw food, particularly meat and salad.
Wash or avoid raw fruits and vegetables unless you peel them yourself.
- Avoid unpasteurized milk (milk that has not been processed with heat to kill parasites and bacteria) and dairy products.



If your children are unwell or happen to fall sick after traveling at the end of school holidays, please get them to see a doctor and send your children to school only when they have fully recovered or with the doctor's advice. This is because both cold and flu viruses are spread from one person to another through contact with saliva or mucus droplets from the moist breath when talking, sneezing or coughing.

Kindly remind your children to maintain personal and hand hygiene at home and at all times.



Photos and vectors from freepik.com



We look forward to a safe and healthy term 2 in January 2019. In the meantime we wish you a happy holiday and a wonderful new year.

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