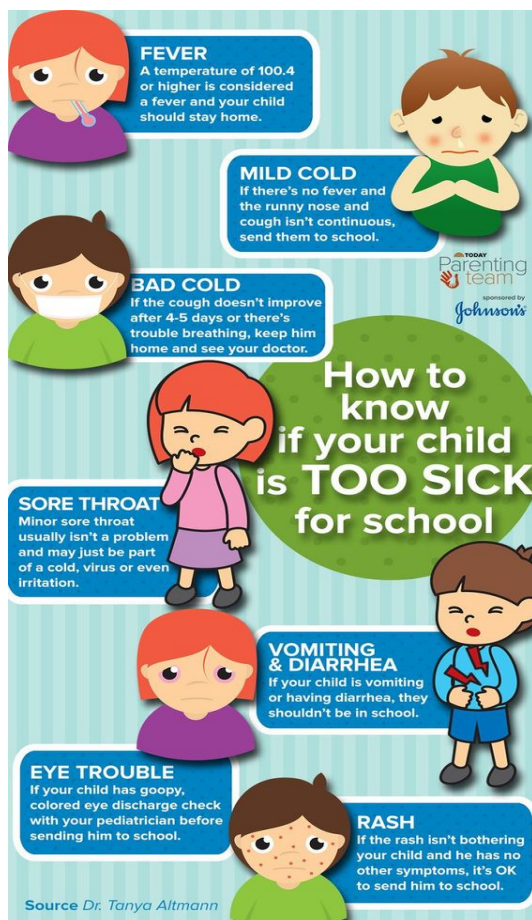

January Health News

Happy New Year Edgemont families. With the cold and flu season reaching its peak, the nation's health experts are waging a cold war of their own. Even if your throat is sore, scratchy and your sniffles are non-stop, they want you to say no to antibiotics. They have good reasons. Antibiotics are powerful drugs and we think they are wonder drugs that can treat any infection. The truth is that antibiotics only work against bacteria, not the viruses that cause colds and the flu. So as a parent, you want to help your child feel better, but antibiotics aren't always the answer.



WHAT TO DO FOR COLDS AND FLU:

1. Get plenty of rest.
 2. Increase fluid intake.
 3. Use a cool mist vaporizer or saline nasal spray to relieve congestion.
 4. Soothe sore throat with ice chips, sore throat spray or lozenges (for older children and adults only). Gargle with warm salt water.
- If cold symptoms include fever or a cough is excessive enough to disrupt learning, you should keep your child home from school to rest. Speak to your physician about what would be best for your child. I hope this information helps you and I look forward to supporting you and your child throughout

your elementary school experience.

Nurse Afaro