



Celebrating 25 Years of Excellence in Education

# DECEMBER HEALTH NEWSLETTER

**Topic: Dealing with Seasonal Flu and Cold -  
What Parents Should Know**

As the winter season begins, cases of seasonal flu and common colds increase among children. Understanding early symptoms and knowing how to care for your child can help prevent complications and ensure a faster recovery.

## **EARLY SIGNS TO WATCH FOR**

- Runny or blocked nose
- Sneezing and persistent cough
- Sore throat
- Mild to moderate fever
- Headache or body aches
- Tiredness or reduced activity
- Poor appetite
- Irritability or general discomfort



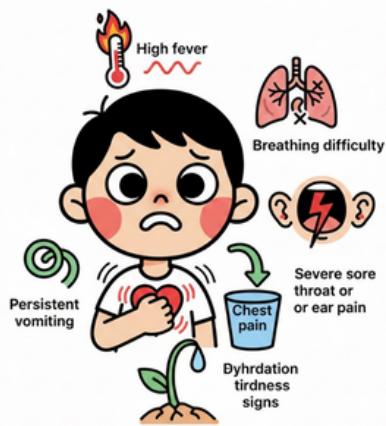
## 🏠 HOME CARE TIPS FOR PARENTS

- ✓ Ensure your child gets plenty of rest
- ✓ Keep them well hydrated with warm water, soups, and fluids
- ✓ Use saline nasal drops to ease congestion
- ✓ Give paracetamol or ibuprofen for fever (as per doctor's advice)
- ✓ Use a humidifier or steam inhalation to soothe breathing
- ✓ Offer light, nutritious meals
- ✓ Avoid antibiotics unless prescribed



## ⚠ WHEN TO SEEK MEDICAL HELP

Consult a doctor immediately if your child has:



- High fever for more than 3 days
- Breathing difficulty or wheezing
- Persistent vomiting or refusal to drink
- Severe sore throat or ear pain
- Chest pain
- Unusual sleepiness or extreme tiredness
- Dehydration signs: dry lips, no tears, decreased urination
- Symptoms that are worsening instead of improving

# PREVENTION TIPS

## COLD & FLU PRECUTIONS



WASH HANDS OFTEN



COVER COUGHS & SNEEZES



USE HAND SANITIZER



STAY HOME WHEN SICK



AVOID TOUCHING FACE



CLEAN SURFACES



- Encourage regular hand washing
- Teach children to cover their mouth/nose while coughing or sneezing
- Keep sick children at home to avoid spreading infection
- Maintain good hydration even in cold weather
- Annual flu vaccination is recommended (as advised by your healthcare provider)



### Message from the School Medical Team

As we enter the winter months, let's work together to keep our students healthy and safe. Your cooperation in early detection and prompt medical attention helps protect the entire school community.