THE WAY

TERM 3: THURSDAY 24 AUGUST 2017

HEALTH TIPS FOR UNWELL CHILDREN

There is a nasty bug going around the College community at the moment ... not just the College!

We have seen a large number of students coming down with a nasty bug. Here are some of the symptoms:

- Fever
- Headache
- Dizzyness
- Stomach ache and nausea
- Lethargy and body aches

May we suggest that if your child complains of any of these symptoms, please keep them home from College until they are completely well again.

The virus appears to be lasting approximately 7-10 days and some children appear to be getting better and then relapse.

As it is a virus it will not respond to antibiotics, the best advice is lots of rest.

Karen Tindall
College Nurse

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