



Influenza (FLU)

Date: _____

Dear Parent:

Your child's school has received reports of students being diagnosed with influenza. This letter is to provide you with information about influenza and how to help prevent the spread of this disease.

The influenza virus is easily spread from person to person. Sneezing, coughing, and talking produce infectious droplets that eventually contact the mouth, nose, and mucous membranes of another person. To decide whether or not to send your child to school, please consider the following:

Definitely keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever-greater than 100°F and your child should stay home until at least 24 hours after they no longer have a fever. This should be determined without the use of fever-reducing medicines (any medicine that contains ibuprofen or acetaminophen).
- Vomiting (even once)
- Diarrhea
- Chills
- General feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croup cough
- Sore throat
- Lots of nasal congestion with frequent blowing of nose

Preventive Measures:

- Wash hands often with soap and warm water.
- Avoid people who are sick.
- If you become sick, seek medical care from your health care provider.
- Cover your cough or sneeze, and if you do so with a tissue, throw it away, do not carry it around.
- Keep your child's immune system healthy by eating healthy and being active. Talk with your health care provider about getting a flu vaccine.

Often when a child awakens with vague complaints (the way colds and flu begin), it is wise to observe your child at home for an hour or two before deciding whether to bring to school. Your child should be physically able to participate in all school activities on return to school. Keeping a sick child at home will help minimize the spread of infections and viruses in the classroom. Report your child's absence due to flu or any sickness to the school. A note from the health care provider would be beneficial.

It is recommended everyone 6 months of age and older get a seasonal flu vaccine each year. Consult with your health care provider concerning the need for a influenza vaccine to protect against the influenza viruses.

Thank you in advance for helping us keep this school year as healthy as possible.