



“FLU” HEALTH ALERT

Influenza is a highly infectious respiratory illness caused by a virus, which affects the nose, throat, and lungs. It is transmitted by person-to-person contact or through the air by coughing or sneezing (a sneeze can travel 3 feet!).

What are the symptoms of “The FLU”?

- ✓ High fever (100 – 106 degrees)
- ✓ Chills
- ✓ Runny Nose
- ✓ Congestion
- ✓ Exhaustion
- ✓ Headache
- ✓ Muscle Aches
- ✓ Coughing

Anyone with the “flu” may exhibit only some or all of these symptoms.

If your child has a fever of 100 degrees or higher, **PLEASE KEEP HIM OR HER HOME** until there is no longer a fever for at least 24 hours.

In an effort to keep everyone healthy and limit the spread of germs, **students with a fever of 100 degrees will be sent home** regardless of whether or not the student has other symptoms. Students may return to school 24 hours after the fever breaks.

According to Tri-County Health District, treatment for influenza is bed rest, fluids, and control of fever. Antibiotics are not effective against influenza, but you may contact your health care provider for more information.

What can I do to keep from getting sick?

- 1) Wash your hands
- 2) Cover your mouth and nose with a tissue when you cough or sneeze. Cough or sneeze into your sleeve (not your hands) and dispose of the tissues immediately.
- 3) Avoid touching your eyes, nose and mouth as much as possible.
- 4) Stay home if you are sick and limit exposure to other people, even at home.

The influenza vaccine is recommended for everyone 6 months of age & older.

****The current vaccine “covers” the flu virus that is “out there in our communities”****