

Flu Information

Dear District 97 Parents/Guardians,

Given the severity of this year's flu season and the steady increase in cases across the country, we wanted to provide you with basic background information about the disease, as well as tips for prevention and early diagnosis.

The flu is a virus that will last approximately five to 10 days. Symptoms include **fever (temperature above 100.0), chills, cough, sore throat, body aches and headache**. We ask that you please keep your child home from school if he or she has any of these symptoms.

Many illnesses, including the flu, begin with symptoms that may be mistaken for the common cold. The only way to accurately diagnose the flu is by having a health care provider test secretions or blood. **If you or your child has the symptoms listed above for more than a few days, we recommend calling your provider for advice, or going to see him/her as soon as possible to get tested.** Your provider may also be able to recommend or prescribe medicine that could help shorten the time you or your child has the flu.

Tips for helping to prevent the flu include:

- **WASHING HANDS OFTEN.**
- **DISPOSING OF TISSUES IN THE TRASH. DO NOT LEAVE ON TABLES, DESKS AND FLOORS.**
- **CLEANING "HIGH-TOUCH" SURFACES (E.G., TELEPHONES, KEYPADS, LIGHT SWITCHES, TOYS).**
- **EATING A WELL-BALANCED DIET, DRINKING PLENTY OF FLUIDS AND GETTING THE PROPER AMOUNT OF REST.**
- **LIMITING YOUR EXPOSURE TO CROWDS. FOR EXAMPLE, SHOPPING DURING OFF-PEAK HOURS.**

Thank you for your time and attention to this matter. Please contact the nurse at your child's school for additional information.

Sincerely,

The District 97 School Nurses