



INFLUENZA INFORMATION

During the winter months, influenza is a common occurrence and can be severe. Flu is a respiratory illness caused by a virus and the symptoms can include:

- A temperature of 100.0 degrees or above. Following any illness, the temperature should remain normal for a period of 24 hours without fever reducing medication before the child returns to school.
- Symptoms that involve the whole body such as muscle pain or body aches.
- Headache
- Sore throat and/or swollen glands
- Tiredness/ lack of appetite
- Nausea, vomiting and/or diarrhea. Do not send a child to school until 24 hours have elapsed since the last episode of vomiting or diarrhea.
- Coughing, sniffing, or runny nose.

There are several ways in which you can protect yourself and your children from influenza and communicable diseases. Please reinforce these healthy habits with your children:

- Good hand washing, especially before eating and always after using the bathroom.
- Getting plenty of rest helps avoid stress to the immune system.
- Eating three nutritious meals each day enhances our immune systems.
- Not sharing food or drinks prevents the spread of germs.
- Covering mouths when coughing or sneezing and disposing of tissues in a lined wastebasket helps to prevent the spread of infections.
- Avoid close contact with ill persons
- Frequently clean and disinfect surfaces that are high-touch areas
- IDPH recommends individuals to get the seasonal influenza vaccine.

Please contact your school nurse if you have questions or concerns about illness.

District 25 Health Services Staff