

February 5, 2020

Dear Parents and Families,

As you all know, it is influenza season. The number of reported cases of influenza is rising quickly. This letter is to inform you that there have been some confirmed influenza cases in the Phillipsburg Schools and that your child/children may have been exposed.

The flu is very contagious and can spread from person to person by breathing in the droplets from talking, coughing, or sneezing that can contain the flu virus. People with the flu may be able to infect others by spreading the virus from one day before getting sick to five to seven days after symptoms begin.

**Signs and Symptoms of the flu may include:**

The flu comes on quickly. Most people with the flu feel very tired and may have a fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and some people may have vomiting or diarrhea, though this is more common in children than adults.

If you suspect you or a family member is sick, contact your health care provider for further evaluation as soon as possible.

**Prevention:**

- Centers for Disease Control and Prevention recommends vaccination for everyone 6 months and older.
- Hand washing with soap and water, especially before meals. Alcohol based hand sanitizers will work if soap and water is not available.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue away and wash hands.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters, and toys for children.

**When can my child return to school after having the flu?**

The Kansas Department of Health and Environment released the following recommendations regarding the management of persons with influenza: "Persons with a case of influenza should remain in home isolation (e.g. excluded from school) for five days following the onset of illness or until fever free for 24 hours **without** the use of fever reducing medications, **whichever is longer.**"

**Treatment:**

Consult with your health care provider about antiviral drugs. Acetaminophen (Tylenol) or Ibuprofen (Advil) may be taken to reduce fever and increase comfort. Avoid products containing Aspirin. People with flu need plenty of rest and fluids.

For more information regarding influenza visit the Centers for Disease Control website at <https://www.cdc.gov/flu/index.htm> or contact me with any questions or concerns.

Sincerely,  
Michelle Cole R.N.  
School Nurse

