

SCHROON LAKE CENTRAL SCHOOL HEALTH ALERT

March 25, 2019

Dear Wildcat Families,

This letter is to inform you that we have confirmed cases of Influenza/flu in the building and that your child(ren) may have been exposed.

The flu is very contagious and spreads from person to person by breathing in droplets from a cough or sneeze that contains the flu virus; or coming in contact with the virus on contaminated surfaces. People with the flu may be able to infect others one day BEFORE getting obviously ill and up to five to seven days AFTER symptoms begin.

Signs and symptoms include sudden onset of:

- Fever and chills
- Fatigue
- Cough
- Nasal congestion or runny nose
- Sore throat
- Headache and body aches
- Vomiting/diarrhea (sometimes)

Prevention:

- Hand washing with soap and water, especially before meals; alcohol based hand sanitizers are also effective.
- Proper respiratory hygiene. Cover your mouth and nose with a tissue when you cough or sneeze. Throw tissue in the trash and wash your hands.
- Avoid touching your eyes, nose and mouth to reduce the spread of germs.

- Clean and disinfect hard surfaces and objects that may be contaminated such as: kitchen counters, bathroom surfaces, toys, keyboards and doorknobs.
- The CDC recommends annual vaccination for anyone over 6 months of age in whom it is not medically contraindicated.

Treatment:

- If you suspect you or a family member is ill, contact your physician for advice or further evaluation.
- The flu can be treated with antiviral drugs.
- Tylenol or Ibuprofen may be taken to reduce fever and increase comfort.
- Avoid products containing aspirin.
- People with the flu need plenty of rest and fluids.

Please keep your child(ren) home if they are not feeling well. Don't medicate them to mask symptoms and then send them to school. They may return 24 hours AFTER the fever has returned to normal WITHOUT the use of medication, there hasn't been vomiting/diarrhea in a 24 hour period, and they feel well enough to participate in class.

Sincerely,

Mrs. Kelly, RN