



February 2018

Dear Parents,

There have been several cases of Influenza (flu) in our district this year and it is widespread across Wyoming. It is contagious 1 day before and up to 7 days after symptoms. Symptoms include:

Fever, runny nose, cough, muscle aches, nausea, headache, fatigue

Here are some suggestions on how to prevent getting the flu:

1. Get the Flu vaccine.

It's not too late to get it now, but be aware that it takes 2 weeks after getting the flu shot to develop antibodies against the flu.

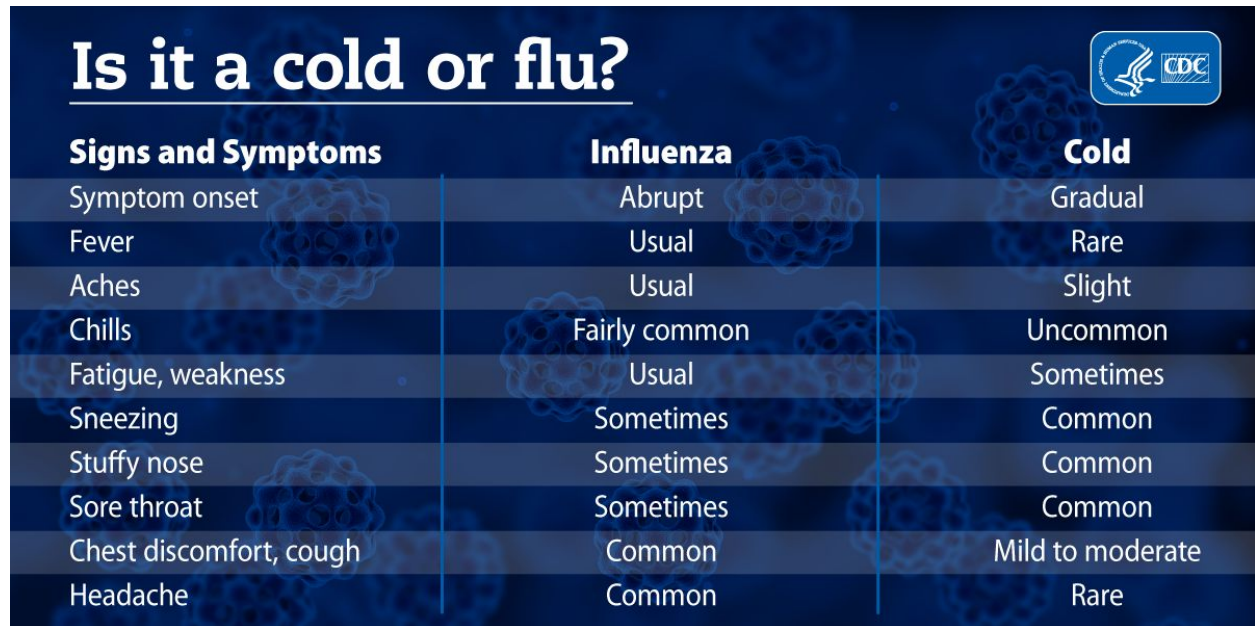
2. Avoid close contact with people who are sick.
3. STAY HOME IF YOU ARE SICK.
4. Cover your mouth and nose when coughing or sneezing.
5. Wash your hands frequently.
6. Avoid touching your eyes, nose, or mouth.

Germs are spread when a person touches something that is contaminated with germs, then touches his/her eyes, nose, or mouth.

7. Drink plenty of fluids, eat healthy foods, manage your stress, be physically active, and get plenty of sleep.
8. Antiviral medications can help lessen the severity and duration of the flu if you get a prescription for them within 48 hours of getting flu symptoms.

(over)

Here is a chart that can help you distinguish between colds and flu:



Is it a cold or flu?

Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

Please call us for any questions/concerns.

Sincerely,

Pam Shults/School Nurse

Kay Dersham/School Nurse