

# Health Alert: Influenza

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Some people, such as people 65 years and older, young children, and people with certain health conditions, are at higher risk of serious flu complications. There are two main types of influenza (flu) viruses: types A and B. The influenza A and B viruses that routinely spread in people (human influenza viruses) are responsible for seasonal flu epidemics each year.

*For the latest information on the flu, please visit the Centers for Disease Control and Prevention (CDC) website at: <https://www.cdc.gov/flu/>*

*If you have any questions or concerns, please do not hesitate to contact us at [Schoolhealth@onenessfamily.org](mailto:Schoolhealth@onenessfamily.org).*

## **Flu Symptoms**

If your child exhibits any of the following symptoms, please keep them home and consult a doctor:

- Fever (100 degrees Fahrenheit or greater)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Nausea or vomiting
- Feeling very tired

Please remember that our school policy states that students must be fever-free (without fever-reducing medicine) for 24 hours before returning to school. We kindly request all parents to read and follow the health guidelines outlined in the Family Handbook.

## **If You or a Family Member Gets the Flu:**

If you or a family member experiences flu-like symptoms, please take the following steps:

- Stay home from work or school if you have a fever of 100 degrees or greater, accompanied by a cough or sore throat.
- Children should be fever-free for at least 24 hours before returning to school.

Please follow your doctor's orders.

- Avoid close contact with others, especially those who are sick.
- Get plenty of rest and drink clear fluids to stay hydrated.
- Cover coughs and sneezes with a tissue or the upper sleeve.
- Clean hands with soap and water or use hand sanitizer frequently.

## **Flu Prevention**

To prevent the spread of the flu and other illnesses, it is crucial to practice good hygiene. Encourage your child to follow these simple steps:

- Wash hands frequently with soap and water for at least 20 seconds.
- Avoid touching their eyes, nose, and mouth, as these are entry points for viruses.
- Cover their mouth and nose with a tissue when coughing or sneezing. If a tissue is not available, instruct them to cough or sneeze into their upper sleeve. Dispose of used tissues in a wastebasket immediately.
- Clean hands with soap and water or use hand sanitizer after coughing or sneezing.

## **Precautions Taken at School:**

During the fall and winter flu seasons, our school takes extra precautions to prevent the spread of illness. Our teachers educate students about the importance of proper handwashing, and we ensure that classrooms are disinfected more frequently.