



WEST CARROLL C.U.S.D. #314
Mr. Adam Brumbaugh, Superintendent



February 16, 2017

Dear Parents/Guardians

This letter is to notify you of the high numbers Influenza A cases in the West Carroll School District. Please keep your child home if they display the following symptoms (that are a new onset): **fever, cough, sore throat, runny/stuffy nose, fatigue (feeling weak/tired), headache, chills, body aches** or vomiting/diarrhea (not common, but possible). When you call your child in to be absent from school, please list their symptoms and onset of symptoms to the secretary or leave the information on the attendance voicemail. Please contact your Primary Care Physician or seek medical attention if your child continues to have symptoms for more than 24 hours, has trouble breathing, not drinking enough fluids, constant vomiting, not waking up or interacting, so irritable that they don't want to be held, or flu-like symptoms that improve and then return with fever and worse cough. **We appreciate your help in making sure your child is fever free without using fever reducing medication for 24 hours before coming back to school.**

****If you take your child to the doctor and they are tested and confirmed for Influenza A, PLEASE NOTIFY Katelin Breuning, West Carroll School Nurse at 815-244-2002 Ext 133 or kbreuning@wc314.org.**

Sincerely,

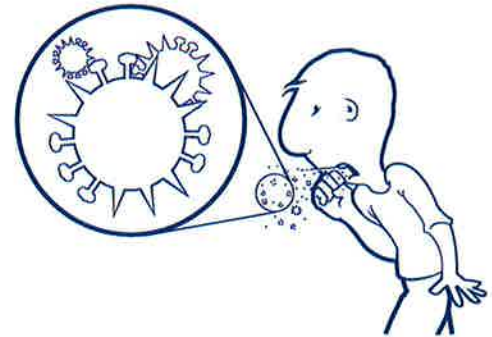
Adam Brumbaugh
Superintendent

INFLUENZA (FLU) Flu and You

Influenza (Flu)

What is the flu?

The flu is an illness caused by flu viruses. The flu may make people cough and have a sore throat and fever. They may also have a runny or stuffy nose, feel tired, have body aches, or show other signs they are not well. The flu happens every year and is more common in the fall and winter in the U.S. People of all ages can get the flu, from babies and young adults, to the elderly.



Flu in People

Do people in the U.S. get the flu?

Yes. Flu viruses spread worldwide. Flu tends to occur mostly in the fall and winter months in the United States. Many people get the flu each year. The flu is also found in other parts of the world. But the time of year when flu is most common can vary from one area to another.

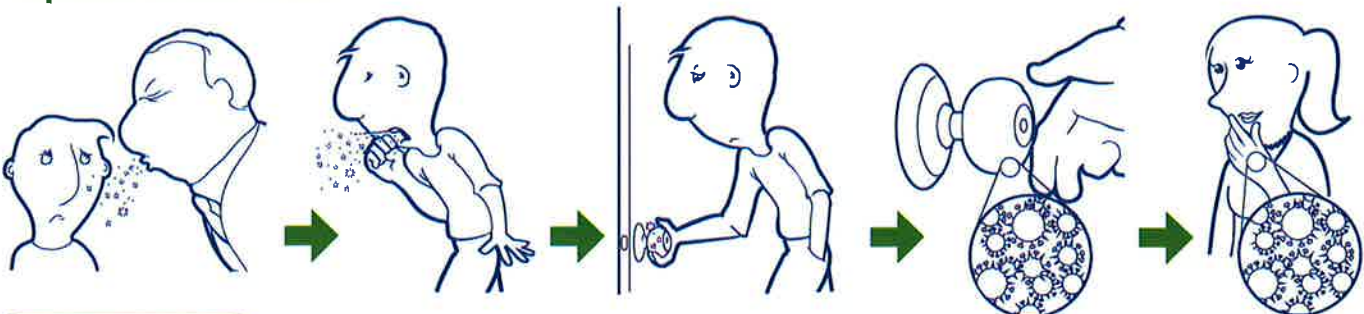


How does the flu spread?

People who have the flu can spread the virus by coughing or sneezing. Droplets released when a sick person coughs, sneezes, or talks can land in the mouths or noses of people who are nearby. The droplets can also be inhaled into the lungs.

People may also catch the flu by touching their mouth or nose after touching something with the virus on it, such as doorknobs, tables, or an infected person's dirty hand.

Spread of the virus:



INFLUENZA (FLU) Flu and You

How do you know if you have the flu?

Signs of the flu can include:



Fever



Cough



Sore throat



Runny or stuffy nose



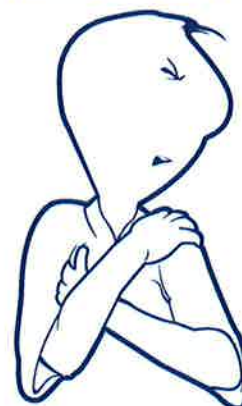
Feeling weak or more tired than usual



Headache

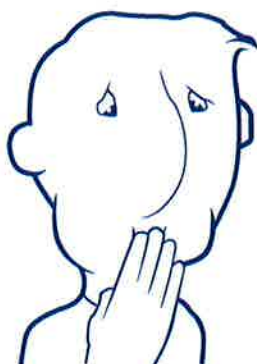


Chills



Body aches

Two less common signs of the flu include:



Vomiting



Diarrhea

Not everyone who is sick with flu will have all the signs of the flu at the same time. Some people with the flu don't have a fever. Most people who get the flu get better without seeing a doctor or taking medicine.