



Dear Parents / Guardians,

A case of Influenza has been reported in your child's classroom / grade. We are passing this information on to you so that you can do your part in controlling the spread of the flu.

SYMPTOMS: Fever, chills, headache, muscle aches, fatigue, sore throat, cough, stomach symptoms (nausea, vomiting, diarrhea more common in children than adults).

TRANSMISSION: Direct contact through droplet infection. Airborne spread.

INCUBATION PERIOD: Usual 24-72 hours.

PERIOD OF COMMUNICABILITY: 3-5 days in adults, up to 7 days in children.

GENERAL MEASURES: Carefully observe for signs / symptoms. Keep well hydrated. Contact your physician if you suspect the flu.

WHEN TO CONTACT YOUR DOCTOR: If you observe any of the above symptoms and you think your child has the flu, contact your physician for treatment guidance.

Thank You

Health Office

(224) 345-7147

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