

Health Advisory

Influenza

January 10, 2013

Dear Parents and Guardians,

The flu season is here. Influenza, also known as the flu, is a contagious disease that is caused by the influenza virus. It attacks the respiratory tract in humans (nose, throat, and lungs). The flu is different from a cold. Influenza usually comes on suddenly and may include these symptoms:

- Fever
- Headache
- Tiredness (can be extreme)
- Dry cough
- Sore throat
- Nasal congestion
- Body aches

Flu Prevention Tips include:

- Wash your hands thoroughly with soap and warm water before and after food preparation, before eating and after using the restroom or changing diapers.
- Be careful what you touch. Hands transmit germs.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your upper sleeve- not your hands. Place your used tissues in the waste basket.
- Wash hands after coughing/sneezing.
- When ill, prevent the spread of germs by staying home from school or work. Return only after being fever-free for 24 hours without the use of fever reducers.
- The best prevention is getting a flu shot.

As always, contact your physician for further care.

Sincerely,

Cindy Micsky RN, BSN, CSN

Jamestown Area School District- School Nurse