

Dear Parent/Guardian,

The Howard-Suamico School District and Brown County Health Department would like to provide information to help keep your family healthy.

**Influenza** is a viral disease that can affect people of all ages and is spread through the air or by touching contaminated surfaces. **Generally, persons with influenza feel quite sick.** Symptoms may include a fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Most people recover in about a week, although a mild cough or fatigue may continue for several more days or longer. Influenza can last longer and cause life-threatening complications in pregnant women, small children, elderly persons and persons with chronic medical conditions.

To protect your family and prevent getting the flu, the Howard-Suamico School District and the Brown County Health Department recommend:

- Keep children who are sick at home. Do not send them to school with a fever over 100.
- Teach your children to wash hands frequently with soap and water for 20 seconds and avoid touching their eyes, nose and mouth. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay at least three feet away from people who are sick.
- Get an annual influenza vaccine for all family members.

**If you or your child develops symptoms of influenza, stay home for at least 24 hours after the fever is gone without the use of fever-reducing medicine and consult with your physician if you have a medical condition or have other concerns.**

\*\*\*Please note, even if you have had the Influenza Vaccine, you can still become sick. Please continue to monitor your family for symptoms, and consult with your physician if you have any concerns.

Disease fact sheet can be found online at:

<http://www.dhs.wisconsin.gov/publications/P4/P42064.pdf> Seasonal Influenza

If you have any questions or concerns you may also call the Brown County Health Department at (920) 448-6400