

# Berlin Central

School District

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## Health Office

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Dear Berlin Central School District Families,

As you all know, it is flu season. The number of reported cases of the flu/influenza is rising quickly. This letter is to inform you that there have been some **confirmed flu/influenza cases in the district** and that your child(ren) may have been exposed.

The flu is very contagious and can spread from person to person by breathing in the droplets in a cough, sneeze or runny nose that contain the flu virus. People with the flu may be able to infect others by shedding virus from one day before getting sick to five to seven days after symptoms begin.

### **Signs and Symptoms of the flu may include:**

The flu comes on quickly. Most people with the flu feel very tired and may have a high fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, vomiting or diarrhea.

If you suspect you or a family member is sick, contact your doctor for further evaluation as soon as possible.

### **Prevention**

- Centers for Disease Control and Prevention recommends vaccination for everyone 6 months and older;
- Hand washing with soap and water, especially before meals; alcohol based hand sanitizers will work;
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw tissue in trash and wash hands;
- Avoid touching your eyes, nose and mouth. Germs spread this way;
- Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters and toys for children. Use household disinfectants according to directions.

### **When can my child return to school after having the flu?**

Keep your child home for at least 24 hours after the fever is gone, and 24 hours after vomiting and/or diarrhea subsides.

### **Treatment**

The flu can be treated with antiviral drugs. Acetaminophen (Tylenol) or ibuprofen may be taken to reduce fever and increase comfort. Avoid products containing Aspirin. People with the flu need plenty of rest and fluids.

Your child's medical information is kept confidential, so please call the Health Office if your child has been diagnosed with the flu/influenza. Contact the health office with any questions.

Sincerely,

*Michele Corsey*

Michele Corsey, RN  
School Nurse