

Due to the rising number of influenza (flu) cases being reported this flu season, we would like to recommend some steps that can be taken to help reduce the chances of becoming sick and/or prevent the spread of illnesses at school.

Influenza (the flu) is an infection of the nose, throat, and lungs caused by viruses. The virus is spread by droplets- coughing, sneezing, talking, and direct contact (touching something with the virus on it and then touching our own mouth eyes or nose.) Following are some simple steps to help prevent spread of germs.

- Wash your hand with soap and water often. Handwashing is the most effective way to prevent the spread of diseases.
- Cover your mouth and nose with a tissue or use the crook of you elbow.
- Avoid touching your eyes, nose, and mouth.

To prevent widespread flu in the school, The Will County Health Department has recommended that your child stay home from school if experiencing flu-like illness symptoms (such as fever, cough, and sore throat).

- Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired.
- For medical questions or concerns, contact your physician. Anti-viral medications may be ordered by your physician to shorten the duration of illness and make the symptoms milder.
- Your child should stay home if he/she is sick until at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medications).

More information about the flu and steps to keep your family healthy are available by following this link from the Centers for Disease Control: <https://www.cdc.gov/flu/pdf/freeresources/updated/a-flu-guide-for-parents.pdf>