



Dr. Alicia Geddis
Superintendent

Mr. John Paul Hart
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Dr. Elizabeth Yacobi
Assistant Superintendent

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January 24, 2018

Dear Parent(s) and/or Guardian(s):

Flu season is here, and Danville District 118 wants to keep your children and the adults who care for them healthy. There are cases of Influenza A diagnosed in your child's school. Influenza A is a contagious disease that is caused by a virus. It attacks the respiratory tract (nose, throat, lungs). The flu is different from a cold. Influenza usually comes on very suddenly with severe symptoms.

Symptoms: Fever, headache, fatigue, dry cough, sore throat, nasal congestion and body aches. A person can spread the flu one day before feeling sick. Symptoms typically last anywhere from 3-7 days.

Treatment: Extra sleep, rest and clear liquids. Tylenol or ibuprofen for body aches or a high fever. You may see your doctor for antiviral medication to help shorten the length and severity of symptoms.

Prevention: Getting the flu vaccine will help decrease the odds of getting influenza. Influenza can spread easily from person-to-person through air by coughing or sneezing. Frequent handwashing, covering a cough, and cleaning contaminated surfaces help prevent the spread of influenza greatly.

It is very important for your child to remain home until they are fever-free for 24 hours, without the use of a fever reducer (Tylenol or Ibuprofen). If your child is diagnosed with the flu, they are not allowed to be at school.

Before returning to school, your child must also have the energy required to participate in a school day. They may need additional days to rest and recover after becoming fever-free and non-contagious.

If your child has flu like symptoms, please contact your physician. As always, if you have questions, please contact your school nurse.

Sincerely,

Sherri Uplinger, RN, BSN, MS.ed
School Nurse Supervisor

Danville Community Consolidated School District No. 118

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