

# WHITNALL SCHOOL DISTRICT



DR. LISA OLSON

February 22nd, 2019

Dear Parents and Guardians,

Confirmed cases of influenza have been reported in the Whitnall School District. We wanted to take this opportunity to provide you education about influenza.

Influenza (also known as the flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly.

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes, or talks. These droplets can land in the mouths or noses of people nearby. A person also can get the flu by touching something that has the flu virus on it and then touching their mouth, eyes or nose.

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever. If your child is diagnosed with influenza, we would appreciate you letting us know to track the spread of the virus.

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs. Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose, and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick.

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may not be able to spread the flu longer, especially if they still have symptoms. If your child has a confirmed case of influenza or symptoms of influenza, your child should stay home to rest and to avoid spreading flu to other children or caregivers. Keep your child home from school for at least 24 hours after their fever is gone. The fever should be gone without the use of a fever-reducing medicine. A fever is defined as 100 degrees Fahrenheit or higher.

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Please refer to the below resources for more information on influenza.

[Flu guide for parents - CDC](#)

[Flu & You - CDC](#)

[Cleaning to prevent the flu-CDC](#)

[If your child gets the flu-CDC](#)

[Talking to your child about the flu-CDC](#)

We also would like to take this opportunity to remind you all of the illness guidelines which determine if a student is able to attend school or should remain home. We understand keeping children home can be a strain to families but it is imperative to exclude sick students to both prevent the spread of illness and to allow the child to recover from his/her illness.

Please refer to the [Too sick for school?](#) Handout provided by the Hales Corners Health Department. The health rooms and schools will be enforcing these guidelines to prevent the spread of illnesses at school. We ask for all of your cooperation to keep our students healthy!

Please feel free to reach out if you have any questions.

Thank you and stay healthy!

Brea Sanders RN  
Whitnall District Nurse  
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