

West Linn–Wilsonville School District 3Jt

Student Services

22210 SW Stafford Rd
Tualatin, Oregon 97062



January 22, 2019

Dear Families,

The seasonal flu has been making the rounds in schools and throughout the community. Listed below are some symptoms of the illness. Please review this information and be sure to contact your child's primary care provider if you have any questions. Influenza is often referred to as "the flu." There are many illnesses that are confused with influenza, such as "stomach flu" or "24 hour flu." Influenza is a contagious respiratory illness that can lead to severe illness. Flu vaccinations are recommended for every one 6 months of age and older.

The best way to protect against the flu is to get vaccinated each year.

Symptoms of the flu generally have a sudden onset. You can spread the flu to others before your symptoms start, and for another 3 to 5 days after your symptoms appear.

Please keep your child home and consult a medical provider if they are showing any symptom of the flu.

Symptoms to watch for include:

- Body aches
- Chills
- Dry cough
- Headache
- Sore throat
- Stuffy nose
- Fatigue
- Fever greater than 100 degrees Fahrenheit

A fever can be high and usually begins to decline on the second or third day. Influenza can also cause health complications such as pneumonia, bronchitis, sinus and ear infections, and can exacerbate respiratory diseases such as asthma. It is spread via respiratory droplets either by direct contact or by through air when someone who is ill coughs or sneezes.

What you can do to protect yourself and your family:

- Be sure that you and your family get the flu vaccine; this is the most important action to prevent or minimize an influenza infection.
- Wash your hands frequently and thoroughly for a minimum of 20 seconds with warm, soapy water, especially before eating.
- Keep hands away from your eyes, nose, and mouth.
- Cover your mouth and nose with your elbow or disposable tissue when coughing or sneezing.
- Don't share food, drink, or utensils.
- Clean and disinfect surfaces and objects that may have flu germs on them.

*Information provided by the Centers for Disease Control and Prevention and can be found on their website at www.cdc.gov/flu

In Good Health,
Nancy Buchwald, RN