

January 27, 2020



WISCONSIN RAPIDS PUBLIC SCHOOLS

Dear Parents/Guardians,

Unfortunately, influenza season has arrived, and it is easily spread from person to person, often through coughing or sneezing. Our District health staff is monitoring the situation closely, and extra precautions are being taken to ensure that touch points and hard surfaces in our school buildings are being thoroughly disinfected and cleaned. School officials are also in contact with our local Health Department to work collaboratively in an effort to minimize the spread of influenza in our community.

Keep reading below to learn more about the signs and symptoms of influenza, and what you can do to help decrease the spread of illness.

Symptoms include:

Fever of 100F or higher, cough, sore throat, runny or stuffy nose, body aches, chills and fatigue, and at times diarrhea or vomiting. It is recommended to stay home for 24 hours after you no longer have a fever (without using fever-reducing medications) or diarrhea or vomiting (if applicable).



How it is spread:

People with the flu can spread it to others when they cough or sneeze. The virus is found in droplets from the throat and nose. When someone coughs or sneezes, those droplets can be breathed in by people around them. The virus can also spread when someone touches an object with the virus on it. If that person then uses their hands to touch their face, mouth, or eyes, the virus can make them sick.

Treatment options:

Antibiotics do not work against the flu. Most people with the flu will get better on their own without any medicine. Taking pain relievers, getting extra rest, and drinking fluids can help lessen symptoms. Prescription medications called influenza antivirals can help treat the flu. These drugs can help you feel better faster and make the symptoms less intense. For these drugs to work best, they need to be started within two days after you get sick with the flu.

Here are a few things you can do to help reduce the spread of illness:

- **Wash your hands often with soap and water.** Wash for at least 20 seconds. If soap is not available, use an alcohol-based hand sanitizer. Remember to wash your hands after you sneeze or cough, after using the bathroom, before you eat, and before you touch your eyes, mouth or nose.
- **Cover your cough or sneeze.** Use a tissue when you cough or sneeze and then discard the tissue and wash your hands. If a tissue is not available, cough or sneeze into your arm.
- **Teach cough/sneeze etiquette and hand-washing to others.**
- **Keep it clean.** Do routine cleaning. Clean surfaces with soap and water or other disinfectants. *Remember the virus can last 2-6 hours on a hard surface.*
- **Get your flu shot.**
- **Get plenty of sleep, eat healthy foods, and exercise.**

Please contact a WRPS nurse should you have any questions ~ thank you!

WRPS District Nurses

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