

Influenza

WHAT YOU SHOULD KNOW



WHAT IS THE INFLUENZA (FLU)?

Influenza, otherwise known as the flu, is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs.

WHEN IS FLU SEASON?

Flu seasons are unpredictable. The timing of flu activity can vary from season to season. In the United States, seasonal flu activity most commonly peaks between December and March, but flu viruses can cause illness from early October to June

HOW IS THE FLU SPREAD?

Flu viruses are thought to spread primarily from person to person through coughs and sneezes of infected people. Less often, a person also might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes, or nose.

WHAT ARE WAYS TO REDUCE THE SPREAD OF FLU IN SCHOOLS?

- Stay home when you are sick
- Get your yearly flu vaccine
- Hand hygiene
- Cover your mouth when you cough or sneeze

SYMPTOMS

Influenza can cause mild to severe illness. Flu symptoms usually come on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting and/or diarrhea

Flu symptoms and COVID-19 symptoms are very similar so please remember to have your child tested for COVID-19 if they meet the SPF exclusion criteria.

*It is important to note that not everyone with the flu will have a fever.

WHAT TO DO IF YOU GET SICK?

Students and staff should stay home when they are sick.

- It is important for students and staff to stay home until at least 24 hours after they no longer have a fever or signs of a fever (chills, feeling very warm, flushed appearance, or sweating) without the use of fever-reducing medicine.
- In addition, the individual's symptoms must be improving before returning to school.