



STILLWATER
AREA
SCHOOLS

Influenza-Like illness

Dear Parent/Guardian:

Three or more cases of influenza-like illness have occurred in your child's classroom. Influenza or flu is a viral respiratory infection.

Symptoms

Your child may have chills, fever, cough or sore throat. They may also have body aches, headache, fatigue and sometimes vomiting and diarrhea.

The illness may last up to 7 days.

If your child has been exposed it may take 1 to 4 days (usually 2 days) for symptoms to start.

Spread

- by coughing and sneezing
- by touching contaminated hands, objects or surfaces

Contagious Period

During the 24 hours before and up to 7 days after the illness begins

If your child has a health condition (such as asthma, diabetes, lung, heart or respiratory problems (or is pregnant) you should contact their health care provider for instructions, especially if your child develops influenza symptoms.

Please refer to the other side of this letter for "Influenza-like Illness Symptom Screening Tool for Parents and Caregivers" from the Minnesota Department of Health.

If you have further questions or concerns, please call your healthcare provider or the school nurse.

Thank you,

School Nurse

Telephone #

Influenza-like Illness 9.09
Form HL13

Influenza-like Illness Symptom Screening Tool for Parents and Caregivers

Parents and caregivers should use the following questionnaire to assess the health status of their child on a daily basis.

Does your child have:

1. Fever (100° F or greater)? Yes No
(take temperature before giving fever reducing medicine)
2. Sore Throat? Yes No
3. Cough? Yes No



SHOULD I KEEP MY CHILD HOME?

- If you checked yes to fever AND one of the other symptoms, keep your child home for at least 24 hours after his or her fever is gone without fever reducing medicine. For many children this will be 5 to 7 days. Your child should feel well enough to participate in school before returning. If you have questions about your child's health or symptoms, call your child's healthcare provider.
- If your child has been diagnosed by a healthcare provider with a different disease, such as strep, follow your healthcare provider's recommendation and school policy for when to return to school.

WHAT SHOULD I TELL MY CHILD'S SCHOOL?

- If you checked "yes" for fever AND one of the other symptoms, tell your child's attendance office that your child is home with influenza-like illness.
- If your child has been diagnosed by a healthcare provider with a different disease, such as strep, tell your child's attendance office.
- No personal information about your child, including your child's name, will be shared outside of the school.

For more information and on-going updates 651-201-5414 or 1-877-676-5414 or go to the MDH website at: www.health.state.mn.us



Minnesota Department of Health
625 Robert Street North, PO Box 64975, St. Paul, MN 55164-0975
651-201-5414 1-877-676-5414 TTY/TDD: 651-201-5797 www.health.state.mn.us