

Cumberland School District

Dear Parents:

There is a case of influenza in your child's grade. Influenza (flu) is a contagious respiratory illness caused by the influenza virus, infecting the nose, throat and lungs.

Symptoms include:

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| *Fever/chills | *Muscle/body aches |
| *Cough | *Headache |
| *Sore throat | * Fatigue |
| *Runny/stuffy nose | *Vomiting/diarrhea (most common in kids) |

Recovery takes several days to 2 weeks. Complications from the virus can occur including: ear infection, sinus infections, pneumonia and hospitalization. Infection is spread when a person carrying the virus talks, coughs or sneezes and people within 6 ft breath in the droplets. Less commonly it is spread from touching an infected surface and then touching your eyes, nose or mouth. It is important to not share items with a sick person and to wash hands frequently.

If your child has symptoms of influenza, please consult your healthcare provider. Children with influenza will need to be out of school for 5-7 days, until they are no longer contagious. Influenza season lasts into April in WI. Flu shots are still available and vaccination is strongly encouraged.

Mrs. Kristin Olson, RN
School Nurse